DR.OZ NEW SCIENCE **NEED HELP** 50 Proven **LOSING THE** Anti-Aging **WEIGHT? Experts'** Secrets **Best Tips** Germ-Proof **A TRUE Your Bathroom** MEDICAL SECRET No. in 5 Minutes MIRACLE YOUR SKIN LOVES VITAMIN C This will change lives **BOOKLE**1 p.39KNOCK OU THAT COL **Turkey Day** The Oz Way! + SOUP plus SUPER SIDES +SO-GOOD STUFFING + PIE, OF COURSE!





Give Thanks For Green

Experts recommend eating more plant-based foods as part of a healthy diet. An easy way to do this is through incorporating good fats powered by plants into your family favorites to make them even more delicious. Plus good fats, like the plant-based oils in I Can't Believe It's Not Butter!® are a source of energy during the busy holiday season!

Cranberry-Almond Brussels Sprouts



Butternut Squash with Apple & Cranberries



Savory Braised Green Beans & Red Pepper



Roast veggies in I Can't Believe It's Not Butter!®, which has 40% less calories & fat than butter and is a good source of Omega-3 ALA!



Mix butternut squash and apples with a buttery spread and seasonal spices before baking to make it extra moist and sweet!



I Can't Believe It's
Not Butter!® adds
a fresh butter taste
to this green bean
classic. Top with sliced
almonds for even
more good fats.



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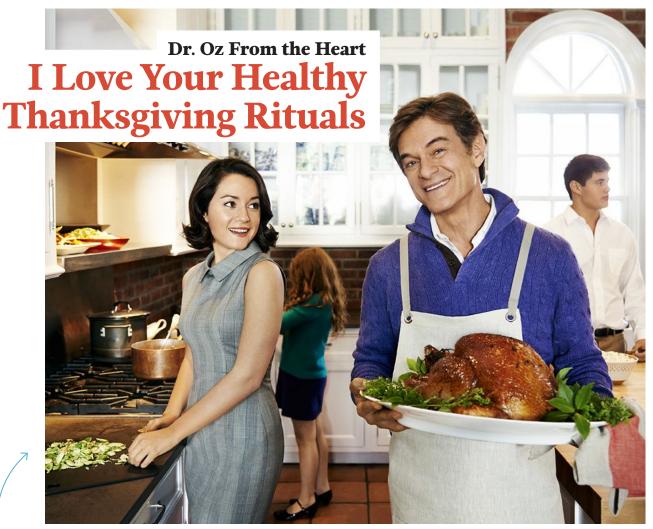
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Dr. Oz shares the prep work with his daughter Arabella.



bright idea

A SUPER-DELICIOUS
SUPERFOOD,
BRUSSELS SPROUTS
ARE LOW CAL AND
FULL OF FIBER—
THEY EVEN PACK
A BIT OF PROTEIN.
SEE PAGE 12 FOR
CREATIVE WAYS
OUR STAFF
SERVES 'EM UP.

The classic American Thanksgiving starts when we tune in to the Macy's parade and ends when the couch swallows a couple of turkey-stuffed uncles. Nothing wrong with that; I love celebrations and I'm even OK with occasional gluttony. But I really cheer when a family gets active together. I'm not talking about major calorie burning or Kennedy-style competitive sports, just ways to bond over doing rather than watching. So I asked how all of you get your body parts—other than the digestive tract—moving on Thanksgiving. Your ideas are fantastic, and I'm excited to add them to our family's customary walk in the park. Check out the possibilities.



Trot for Your Turkey

So many families do a Turkey Trot together, which could explain why there are now 500 or so of these events in the U.S. (from 10K races to shorter, untimed fun runs) with nearly a million participants. You don't have to run, jog, or even speed walk. People often stroll the course and simply enjoy the morning out together. The Kochs (at left) have made the Fort Lauderdale, FL, Turkey Trot an annual event since 2011. "It's our own tradition," says Brian Koch. This year, he and his wife, Jill, will bring their three daughters, now ages 7, 3, and 1 (not pictured). "It's a great way to burn a few calories before the feast," Jill says. Plus, sharing the day with a crowd of happy strangers only elevates the spirit of the holiday.

Show Off Your Spiral

Football doesn't have to be about scorekeeping and ankle sprains—tossing a ball around and getting everyone in the act is enough. At reader Lunden Souza's gathering in Modesto, CA, 30 to 40 people, ranging in age from 5 to 65, play touch football in the street for about an hour, with the little kids running and scoring alongside the household jocks. The only rule: Have a blast (and yell "car" when the occasional one drives through). "We do this before desert, to prevent a food coma," Lunden says. "I always, always make sure my dad brings the football." I admit that I can get competitive when it comes to Oz family touch football games, but on this day especially, I vow to keep a lid on it, so everybody wins.

Go on a Hunt

Here's a way to involve those "rather do my own thing" teens: Try one of the smartphone apps that let you create a digital scavenger hunt, and put the tech-savvy kids in charge of it. With GooseChase, for instance, you decide what everyone should look for, then designate points for each "find"—a pumpkin on a porch, a black dog, a house with the number 1126 (the date of Thanksgiving this year), and so on. Each team has to snap photos of the found items and upload them. "It's a really fun way for large groups of people of all ages and abilities to interact," says Andy Aubin, of Hatboro, PA, who's organized hunts like this. On Thanksgiving, you can add special prizes. Maybe the team with the most points gets to be first in line for the dinner buffet. That's motivating.



Just...Dance!

When Stephanie Freeman, of Raleigh, NC, and her family get together, everyone, from babies to grandmothers, starts the gathering with a dance party, alternating between freeform and set steps. "We have a lot of fun. My aunt [above, center], who just passed away at age 82, was shy and didn't always like to dance," Stephanie says. "We'd put her in the middle of the most outgoing of us. They taught her simple steps, and eventually, she came up with her own special wiggle dance!" So cue up the tunes; stuffing and cranberry relish aren't the only things that get to be can't-miss traditions.

SEEING CHANGES IN YOUR SKIN?



IT'S NOT JUST ABOUT WRINKLES.

It's about skin losing volume. As early as age 40, skin starts to lose its natural ability to maintain moisture. Skin loses fullness, causing more pronounced lines and wrinkles, less rounded cheeks, and hollows under the eye area.



HOW TO BRING MOISTURE BACK?

Hyaluronic Acid, a naturally occurring substance in skin, to help maintain moisture and, in turn, skin volume. L'Oréal brings you this key ingredient with Revitalift" Volume Filler.

SEE AND FEEL A DIFFERENCE.

Revitalift" Volume Filler—with our highest dose of Hyaluronic Acid—provides intense moisture to skin. It helps replenish skin's fullness so lines and wrinkles are visibly smoother.

AGING IS INEVITABLE. BUT NOW, SO IS FIGHTING IT.

A new generation of skincare with powerhouse ingredients—like Hyaluronic Acid in L'Oréal Paris' Revitalift[™] Volume Filler—are empowering women to fight the signs of aging and win.



4 QUICK REVIVERS

Stretch and say "aah."

Bow your head forward and turn your chin to the right. Drop your left shoulder and let your left arm hang down. Repeat on the other side, feeling your neck muscles release.

Exfoliate naturally.

Apple cider vinegar contains acids that help slough off dead skin. Dilute with water and dab on to refresh dull or oily spots.

Wake up your face.

Instead of dotting concealer only on the dark circles under your eyes, draw a small downward-facing triangle so that the point touches your cheek and the base is under your eye. Blend well, then check out your brighter look.

On blah days, heed Hollywood wisdom:

"Taking joy in living is a woman's best cosmetic."

-Rosalind
Russell



STOCK UP ON YOUR BEAUTY ESSENTIALS



SEEING CHANGES IN YOUR SKIN? WRINKLES, LINES AND NOW SPOTS VISIBLY REDUCED IN 1 ACTION.



■ THE SCIENCE

FORMULATED WITH PATENTED PRO-XYLANE -AN EXCLUSIVE INGREDIENT THAT HELPS REINFORCE SKIN'S ELASTICITY AND FIRMNESS

■ THE RESULTS



IMMEDIATELY: SKIN FEELS SOFT, LOOKS HEALTHIER, MORE RADIANT. AFTER 1 WEEK: SKIN IS FIRMER, DARK SPOTS ARE VISIBLY REDUCED AND WRINKLES ARE VISIBLY IMPROVED.





body Q's

without water, pinch a nerve, and other

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reduce your risk

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THE GOOD LIFE

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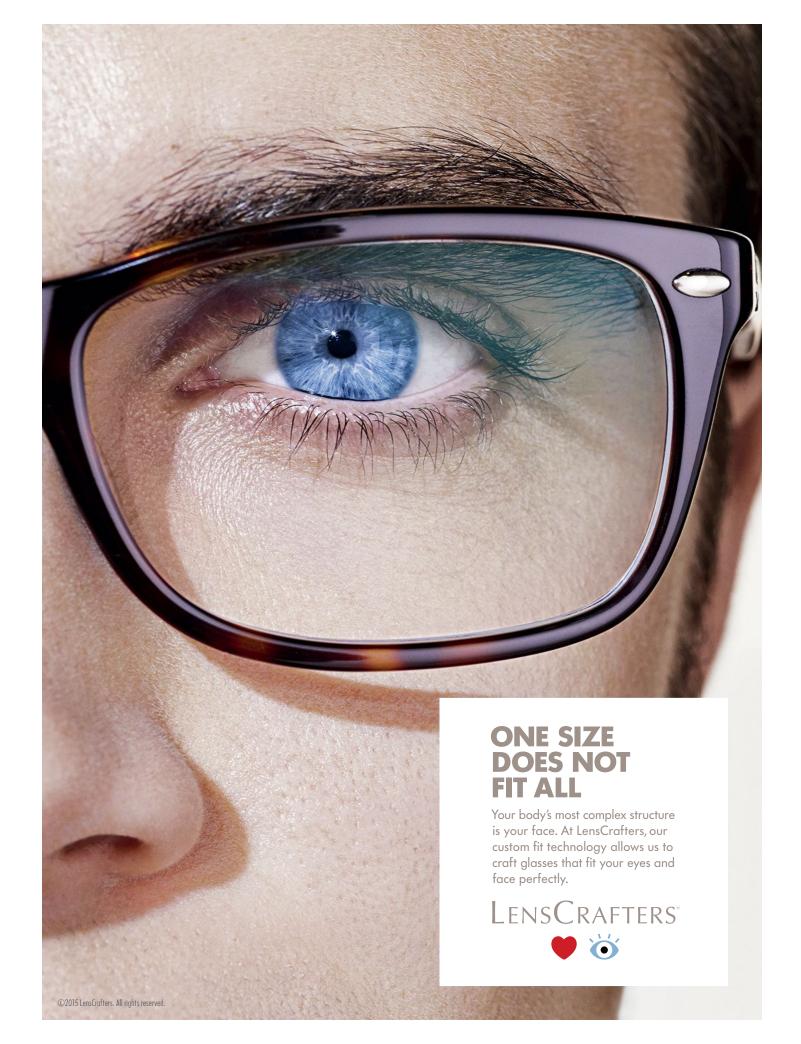


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ENJOY THE GOOD LIFE ANYWHERE Check out our tablet edition for exclusive videos from Dr. Oz. And visit DrOzTheGood Life.com, our new website, for recipes, health tips, and more each day!



Your Smart Ideas

This holiday season, take a cue from fellow readers: Eat well, reflect on what matters most, give skin extra TLC, and share your *own* healthy tips with us.

GRATEFUL AT ANY AGE -

"Every Thanksgiving during dinner, we write down what we're thankful for on the same white tablecloth. The kids write things like 'I hit my first home run,' and the older folks, 'I'm still able to walk a mile!' It sparks the most interesting conversations when we read what we wrote in years past."—Melanie Potock

NAIL THERAPY -

"I'm always looking for something to keep my hands busy, like knitting or coloring, so I don't mindlessly munch. I recently took up nail art with a friend. We learn new techniques from Instagram and send each other pictures of our creations. I've noticed that when I paint my nails in the evening, I snack a lot less; plus, my nails look cute, so it's a win-win." -Pam Susman

LET IT GO -

"Forgive yourself. We have all made bad choices, and when we dwell on them, it affects everything. Stop blaming so you can start on a path to loving yourself. When you love yourself, you make better choices."

—Betsy Neal Lewis

CRUNCHY GOODNESS -

"I make my own almond-crunch granola: Mix together 2 cups multigrain rolled cereal flakes, 1 cup chopped raw almonds, ½ cup coconut oil, ½ cup pure maple syrup, ½ tsp vanilla extract, and ¼ tsp salt. Spread mixture on a greased baking sheet and bake at 325°F for 20 to 25 minutes or until lightly browned. It's a healthy alternative to sugary cereals." –Rachel Krupp

APPLE MAGIC -

"I use a slow cooker to make applesauce from the apples I pick off my dad's trees. The simple recipe: Peel and slice 6 to 8 apples and place in the cooker set on high, with 1 cup water and 1 tsp lemon juice. Cook for 2 hours or until apples are mushy (after 1 hour, add more water if needed), then stir in 2 Tbsp cinnamon. Serve hot in bowls with a bit of heavy cream. It's like apple pie without the crust." —Tara Widemeyer

CURE FOR SKIN WOES -

"When my daughter was born, I bought Aquaphor Baby Healing Ointment because it was on all my friends' shower registries. I never use it on her, but it's now a go-to in my beauty regimen. It's amazing on cracked skin on feet, a nose sore from colds, and around my eyes at night." —Alicia King Salmon

What healthy meals and snacks warm you up during these colder months? Send your ideas about that and anything else to DrOzTips@hearst.com. Submissions may be edited for length and clarity.

PORTABLE FITNESS -

"I Hula-Hoop for stress relief, exercise, and fun. It's greatly improved my coordination and overall fitness level. My collapsible hoop is also work- and travel-friendly because it's small enough to fit in the overhead bin on a plane." —Hanna Gamble

KEEP ON GLOWING

"Here's one of my favorite beauty mask recipes: 1 Tbsp cocoa powder, 1 Tbsp mashed avocado, 1 tsp raw honey, 1 tsp raw oatmeal, and 1 tsp turmeric powder. Blend all ingredients until creamy. Leave mask on for 20 minutes, and remove with warm water and a towel." —Yamira Huertas

Editor's Note: This is one power-packed meal for your skin! Moisturizing avocado oil and honey hydrate, while cocoa contains a protective compound called xanthine that may help prevent sun damage. But don't skip sunscreen, even during colder months.



A quick salad recipe to convert Brussels haters, like me: Shave leaves and top with a dressing of lemon juice, olive oil, and Pecorino Romano.

Superfood of the Month **Brussels Sprouts**

are packed with potassium, iron, and vitamins C and K.

Mehmet Oz. M.D.

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I roast sprouts, cubed

sweet potatoes, and

grapes. So cozy over

quinoa with cinnamon.

Andrea Desiderio

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HEY, READERS! WHAT'S COOKIN'?

Maggie Selvin, of New York: I sauté quartered Brussels sprouts with garlic in oil; after a minute, I add a little lemon juice. When they've started to brown, I toss in halved cherry tomatoes and cook until soft. A spoonful of Dijon mustard tops it off.

Submit your own smart idea for an upcoming superfood star: oranges! We'll feature one reader tip, so email yours to DrOzSuper foodTip@hearst.com.

l make a slaw by tossing blanched shredded sprouts with apple cider vinegar, olive oil, celery seeds, and a little honey. Finish with sea salt and pepper.

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PUBLISHING CONSULTANTS

Gilbert C. Maurer, Mark F. Miller

PRINTED IN THE U.S.A.

EDITORIAL OFFICES

300 WEST 57TH STREET NEW YORK, NY 10019

COMMUNICATIONS, INC. PRESIDENT & CHIEF EXECUTIVE CHAIRMAN William R. Hearst III

BURCU AVSAR. FOOD STYLING BY CHRISTINE ALBANO

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Can gum whiten teeth? What does the libido pill do? Find out here.

11.15



ASK DR. OZ ANYTHING

Your Burning Questions Answered!



MAREN CARUSO/GETTY IMAGES. DR. OZ ILLUSTRATION BY LUKE WILSON

How does the operating room really work?

WHY CAN'T YOU **EAT ANYTHING** THE DAY OF **SURGERY?**

oz says If you have food in your stomach and throw up during surgery (due to the anesthesia or anything else), it could become a lethal event when you're under sedation, because you can't cough to clear your airway.

WHY CAN'T THEY TELL YOU THE TIME OF YOUR **SURGERY EARLIER?**

OZ SAYS Schedulers group "like" procedures together, then juggle patients within that queue: "We try to fit in pediatric and diabetic patients earliest, because fasting for long periods can add complications for them," says Adam Post, director of surgical clinical operations for Spectrum Health in Grand Rapids, MI. There's also an O.R. shuffle: Most surgeons reserve time slots, and if they're not filled by a certain date, they're up for grabs by other docs. Basically. it's all in flux until almost the last minute.



WHY IS THE SURGEON GENERAL CALLED A SURGEON WHEN HE/SHE **OFTEN ISN'T ONE?**

OZ SAYS It's a historical title that stuck. Back in 1798, that officer was called the Supervising Surgeon. The name shifted to Surgeon General, even though doing surgery wasn't part of the job, and still isn't. But being the nation's spokesperson for public health matters is a lot tougher.

WHY DO PATIENTS **HAVE TO GET SO NAKED?**

OZ SAYS It's a safety thing. First of all, clothing can get bunched up and bind you, and since you're sedated and won't notice, this can damage skin or even cut off blood supply to a body part, says Christopher Watters, M.D., a general surgeon with Duke Raleigh Hospital in Raleigh, NC. Second, we often use electrically charged needles to stop bleeding. Anything on your body that can conduct electricity is bad news-it can attract the current and may burn what's around it when these needles touch your body. Seriously, you can singe a finger where someone's wedding ring is, so jewelry comes off too. Sorry, we know it's awkward to go starkers under the gown, but it's important.

OK, DR. OZ, HOW **CAN SOMEONE STAY OUT OF YOUR O.R.?**

OZ SAYS I love my work, but I hope you never need the kind of surgery I perform. **Keeping yourself out** of that situation boils down to this:



DON'T SMOKE, and if you do, quit.



EAT FRESH foods in their natural (unprocessed) state.



BE ACTIVE by moving around as much as you can.



GIVE your heart a reason to keep beating. New research found that people with a high sense of purpose in life were 23% less likely to die early.



SO IS THAT NEW "FEMALE VIAGRA" A GOOD THING OR A BAD THING?

The main controversy is over whether the benefits are worth the side effects. Before I get into that, though, you need to know that this pill is completely different from Viagra. The women's drug, Addyi (flibanserin), is designed to help treat low libido in women who had desire, lost it, and are bothered by

that. It works on brain chemicals. Viagra, on the other hand, helps men perform when they're already aroused by improving blood flow to the penis.

The concerns

Addyi gives women an average of only one extra "sexually satisfying event" per month, and it can come with side effects like dizziness, sleepiness, and nausea. "I'm not impressed with the results, considering the side effects," says Janifer Tropez-Martin, M.D., of Tulane University

School of Medicine. The worst—low blood pressure and fainting—are enhanced by alcohol, so you're not supposed to drink while taking it. Considering that it's a daily pill (it's not just a "toss one back before sex" kind of thing), that could be a deal breaker for a lot of women.

The benefits

Who's to say one extra roll in the hay a month isn't a major improvement, espe-

cially if your libido was dead in the water before that? "For many of the women in the studies, that was meaningful," says Lauren Streicher, M.D., of Northwestern University Feinberg School of Medicine. Plus, that number was an average-some women had many more satisfying events, she says. Others also said the drug helped them feel less distressed about their sex lives. It's up to you to decide if the riskbenefit profile is worth it, but I'm glad that women at least have this new option.



DRINKING CHARCOAL TO DETOX

THE CLAIM Choosing a juice that contains activated charcoal will attract and sweep away the toxins in your body, leaving you healthier, according to this theory.

oz says Nope. Let's back up. In emergencies, "activated" (a.k.a. heated) charcoal, a powdery substance derived from coconut shells, wood, or peat, does act like a magnet for toxins and other molecules in the stomach. It then soaks them up like a sponge and helps you eliminate them next time you hit the bathroom, says Jamile Wakim-Fleming, M.D., a gastroenterologist at the Cleveland Clinic. It's used in the ER if you've ingested something poisonous, but there's very little

evidence that it can help otherwise healthy people detox. What's more: It's not necessary to help your body detox in the first place, says toxicologist Charles McKay, M.D., vice president of the American College of Medical Toxicology. It already filters out and sends away what it doesn't need.

Drinking charcoal may actually do more harm than good. "Charcoal doesn't differentiate between toxins and nutrients," says Wakim-Fleming. So it might take the health benefits of that kale, lemon, and ginger mix right out of you. And steer clear if you're on prescription meds, says McKay; there's a chance it could undo their effects.



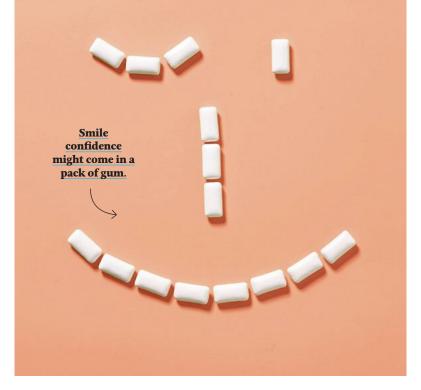


☐ TRY IT OR ☐ SKIP IT?

TOOTH-WHITENING GUM

THE CLAIM Chewing a couple of pieces of gum after eating and drinking may help remove stains for a whiter smile. OZ SAYS Gum won't take your teeth from dingy to Chiclet white. But it may slow down the accumulation of stains or wash away stain-causing foods, says Ed Hewlett, D.D.S., a professor at the UCLA School of Dentistry and an American Dental Association consumer adviser. Some whitening gums contain ingredients like baking soda, a soft abrasive that polishes teeth. But that's not how gum gets most of the job done, because it doesn't touch the outer parts of your teeth much—mostly only the chewing surfaces on molars.

Here's the secret, says Hewlett: Any gum might prevent stains to a certain degree because chewing it boosts saliva flow, which helps clean food from your mouth and slow the accumulation of stains. Just pick the sugarless kind so you don't create other problems for yourself, and pop a piece after meals, when it can make the biggest brightening difference.







IF YOU NAP A LITTLE IN FRONT OF THE TV IN THE EVENING, DOES THAT COUNT TOWARD YOUR DAILY SLEEP TOTAL?

OZ SAYS Not if you're tallying up quality sleep. Even if *Nightline* gives you some zzz's, they're not going to be the type that helps you feel rested. A good night's shut-eye is made up of two main stages, explains Raj R. Dasgupta, M.D., of the Division of Pulmonary, Critical Care and Sleep Medicine at the University of Southern California,

Midday naps don't count toward sleep totals, either, but can refresh you if you keep them to around 20 minutes. Los Angeles. "The lighter one, where we spend the majority of our time, is called

non-REM (rapid eye movement), while REM is deeper and more restorative." You have to cycle through non-REM sleep to reach that elusive REM, and when you doze off for 20 minutes, you probably won't get there (it takes an average of 90 minutes). In other words, you can't short the rest of your sleep time just because you napped. If crashing in front of the TV becomes a habit, DVR the show and get to bed earlier.



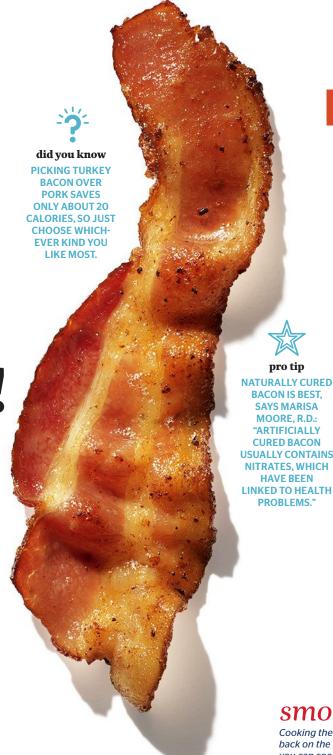
CAN YOU EVER EAT BACON? (HOPE SO...)



OZ SAYS

YES, YOU CAN!

All right, I've never prescribed a daily dose of bacon to a patient—and I'm not about to start now-but that doesn't mean there's no room for it in a healthy diet. Bacon has an impressive superpower: It can make just about anything taste delicious, even foods you dislike or aren't in the mood for. If a serving (that's two strips) gets you to eat something healthy that you wouldn't otherwise-say, crumbled over a big salad on a day when greens seem meh-go for it. Just balance out the sodium and calories with everything else you're eating.



Three Oz-Approved Ways to Eat Bacon

The trick with bacon is to use it as a seasoning, not the main event of your meal. So cook a strip or two until it's crispy, crumble it up, and then...



1 ADD IT to roasted veggies; see our broccoli recipe below (also good: cauliflower, asparagus, carrots).



2 MIX IT into a leafy green salad with your favorite raw vegetables (we like avocado and tomato).





3 STIR IT into a bowl of veggies and whole grains, like brown rice or farro.

Crunching Numbers

SERVING SIZE

strips

CALORIES

87

SATURATED FAT

grams

275

smoky broccoli

Cooking the bacon and veggies separately cuts back on the fat in the final dish. But if you prefer, you can cook them together—just chop the bacon and toss it with the broccoli before roasting.

Cut florets of 1 head (1½ lb) **broccoli** into 2-inch pieces. Toss on a rimmed, foil-lined baking sheet with 2 Tbsp **olive oil**, 2 tsp **cider vinegar**, ½ tsp coarse **salt**, and ½ tsp **red pepper flakes**. Roast at 450°F, stirring occasionally, until golden brown, 15 to 18 min. Toss with 2 slices crumbled cooked **bacon**. Serves 4; 111 cals **per serving**





SLEEP LIKE A BEAR.

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The Affordable Care Act is already helping women save on contraception, a new University of Pennsylvania study shows. By 2013, women spent 38% less for the Pill (about \$21 out-of-pocket per prescription) and 68% less for IUDs (around \$84 per insertion). Great news—but the law requires insurance companies (with some exemptions) to cover some birth control options at zero cost to you. Still paying for your Pill prescription? Call your insurer and ask to see the formulary, which is a list of drugs and coverage levels. There may be a free option you can switch to after getting your ob-gyn's OK. If you need help untangling the details, reach out to your state insurance department (naic.org).

good-for-you style

Look! **A Cute Fitness** Tracker

We heart this piece of pretty jewelry that doubles as a stealth health monitor. It counts your steps, tracks how much deep sleep you get, vibrates to nudge you to move, and even monitors your breathing to tell if you're stressed. Wear it as a necklace, bracelet, or clip, and double tap it to see your latest stats through the paired smartphone app.



Leaf by **Bellabeat** (\$120, bella beat.com)

Your Doctor Might Be Spewing Germs About eight in 10 physicians admit to working while sick, per a new JAMA Pediatrics survey. "If your doc doesn't wash her hands in front of you, ask if she has," says William Schaffner,

M.D., a professor of preventive medicine at Vanderbilt University School of Medicine. "She should take no offense!"



The Simplest Way to Shop for Sneakers

You decide to start jogging and head to a shoe store, where the clerk starts babbling about foot pronation, impact force, and fixing your stride. You think: What? Why? Can I go home now? "Just ignore the technical talk and pick a sneaker that feels very comfortable as you walk and run around the store," advises Benno M. Nigg, professor emeritus of biomechanics at the University of Calgary in Alberta. You'll be less likely to get injured if you shop this way, says his new review of research. So what do pricier running shoes really do for you? They'll generally last longer, Nigg says, but you can spend less and still get a decent pair.









ADDICTION IS HOPELESS WITHOUT YOU

Share your story of recovery or message of hope with someone who needs to hear it. Visit drugfree.org and join the "Stories of Hope" community.



He's snoring and grinding his teeth. You're up counting sheep. Here's what's standing in the way of a much more restful night.

BY BLAKE MILLER ILLUSTRATION BY MMJ STUDIO



MEP

He's tossing and turning at least once a week.

Sixty-one percent of men report having trouble falling and/or staying asleep, according to a 2014 National Sleep Foundation poll. And they may be interrupting their sleep—or yours!—with snoring, a possible sign of sleep apnea. A majority of the men who were diagnosed with a sleep disorder had the condition, the poll found.

His nightmares are epic. Men are more likely than women to have disturbing dreams about natural disasters and calamities (floods, earthquakes, war), a 2014 study in the journal *Sleep* found.

......

As his zzz's go down, cravings ramp up. Zonkedout guys ate more calories than sleep-deprived women, a 2014 study in the *American Journal of Clinical Nutrition* found. But both genders chowed down on more fatty foods, salty snacks, and desserts.

He's grinding away. Men grind their teeth in their sleep more than women do, some research suggests. Not only can the habit damage his pearly whites, it can also cause jaw pain so intense that it wakes him up in the middle of the night. While stress is a common culprit for daytime grinding, gnashing during sleep may be linked to other problems, like sleep apnea.

She's even more prone to sleeplessness. About twice as many women with sleep disorders have insomnia compared to men, according to poll data. Experts aren't sure why you're more prone to be up all night but say it may be because women are more likely to experience depression or anxiety—or are simply more willing to admit sleep problems to a doctor.

Her dreams get personal. You're more likely to be plagued by interpersonal conflicts, such as fights with loved ones. (See "Get Better at Dreaming," page 114, for other surprising insights.)

Too few winks may make her mad. Women who are running on empty report experiencing greater and more frequent signs of anger and depression than sleep-deprived men, according to a study published in the journal *Brain, Behavior, and Immunity.*

She's kicking. Women are about twice as likely as men to suffer from Restless Legs Syndrome—an unpleasant creepy-crawly sensation in the legs and an irresistible urge to move them that often happens at night. Researchers say that in some cases, the condition may be linked to genetics, pregnancy, or underlying health issues like diabetes.



TIRED OF BEING TIRED?

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Iron + Herbs helps reduce exhaustion and fatigue*

Iron-deficiency symptom checklist

Do you suffer from any of the following?

- ☐ Are you continually tired and lack appetite?
- ☐ Pale skin & dark circles under eyes
- Often have difficulty concentrating?
- ☐ Feel chilly or catch colds easily?
- ☐ Have brittle hair or fingernails that chip easily?
- Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.

If you are feeling tired & run-down, Floradix could be the simple solution. Its unique low-dose formulation, with highly soluble iron gluconate as well as whole food concentrates and co-factor B and C vitamins, ensure that it is easily absorbed by the body. Floradix is an easily absorbed, plant-based, nonconstipating, liquid iron supplement with no artificial additives or preservatives and has been helping women reclaim their energy for over 60 years.*



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2 GROCERY BAGS

BICEPS CURL

There could be as much as 5, 10, or even 15 pounds in each bag, so just a few reps helps firm up arm jiggle.

- A Hold a grocery bag in each hand with your elbows by your sides and your palms facing up.
- Bend your elbows to slowly lift the bags up toward your shoulders, as shown. Repeat 10 times.

3 BLOW-DRY

PLIÉ

This move works your butt and legs. You're already getting your hair sleek and gorgeous. Why not do the same for your lower body?

- A Stand up straight with your heels together and your toes pointed diagonally out to the sides.
- Bend your knees and drop your butt about 3 inches, or until your legs form a diamond shape. Rise back up.
- © Lift your heels so you're standing on your tiptoes. Return to start and repeat 10 times.



4 TV BREAK

BRIDGE

If the only thing you have the energy to do is plop onto the floor and watch a show (possibly several), you're in the perfect position to try this move—it works your butt, hamstrings, and belly.

- A Lie on your back with your knees bent and your feet flat.
- B Without moving your feet, lift your hips toward the ceiling until your body forms a straight line from your shoulders to your knees. Lower to start. Repeat 10 times.

5 PHONE CALL

TREE POSE

The little secret about balancing poses? They're an excellent lower-body move because they force you to use your butt and leg muscles for stability. This one also engages your arms.

- A While standing, lift your right leg until your foot is resting on your inner left thigh, with your knee bent (it's fine to place your foot below your knee).
- 3 Extend your right arm straight out to the side. Hold for 10 seconds, then repeat on the left side.







Avoid arching your back or raising your butt.

6 COUCH TIME + PUSH-UP

The opposite of being a couch potato: doing a move that tones your arms, shoulders, back, and belly.

A Place your hands near the edge of a couch, and walk your feet back so you're in push-up position. Your body should

form a straight line from your heels to your head.

Bend your arms and slowly lower down, bringing your upper body as close to the couch as possible without moving your feet. Pause, then straighten your arms. Repeat 10 times. ■

...You "pinch" a nerve When your bones, cartilage, or muscles put pressure on a nerve, pain can radiate down your limbs.

When your bones, cartilage, or muscles put pressure on a nerve, pain can radiate down your limbs. Luckily, the feeling often goes away on its own, says Robert Irwin, M.D., an associate professor of physical medicine and rehabilitation at the University of Miami. Pop an OTC pain reliever; if discomfort lingers, see a doc, who may suggest meds or physical therapy.

WHAT HAPPENS WHEN...

...You hover above a toilet seat to pee

Squatting over the pot when you're, say, skeeved out by a public restroom is probably not going to hurt you, says Melissa Goist, a clinical assistant professor of obstetrics and gynecology at Ohio State's **Wexner Medical** Center. Just make sure you don't feel as if you're straining to pee when you're in that half-standing position. "You need to relax your pelvic floor muscles in order to urinate," says Goist. "Straining may weaken those muscles, which can lead to incontinence." So if you feel any discomfort or shaky muscles when you're midhover, wipe down the seat and sit. Otherwise, vou're good to go...literally.



...You snooze on a crappy pillow

It may not support your neck well, causing sleep-disrupting aches, says Rafael Pelayo, M.D., a faculty member at the Stanford Sleep Medicine Center. Another issue is allergies: Pillows collect dust mites—and their poop—so when you cozy up to an oldie, you may wake up stuffy and sneezy. If yours is too squishy to hold its shape (a potential sign of mite waste buildup) or has stains (which may indicate mold), get a new one. Invest in allergenproof covers to keep dust out, and wash pillows and covers regularly.



...You reuse a tissue

If you're alone, it's OK to recycle, since you probably won't reinfect yourself, says Wendy Bennett, M.D., an internal medicine doctor at Johns Hopkins Medicine. But use fresh ones around others, since you don't want to touch infected mucus and spread the virus. And practice sneez–iquette: If a tissue isn't handy, *achoo* into your sleeve; wash your hands often; and stay home if you've got a bad cold brewing.

...You swallow a pill without any water

Downing pills dry can cause heartburn or worse, says James Owen, vice president of practice and scientific affairs at the **American Pharma**cists Association. Without water, pills release chemicals that can damage your esophagus; plus, H₂O helps your body better absorb meds. So take a swig or two to help pills go down smoothly.





GET YOUR FLU SHOT' TODAY AT RITE AID

PHARMACY

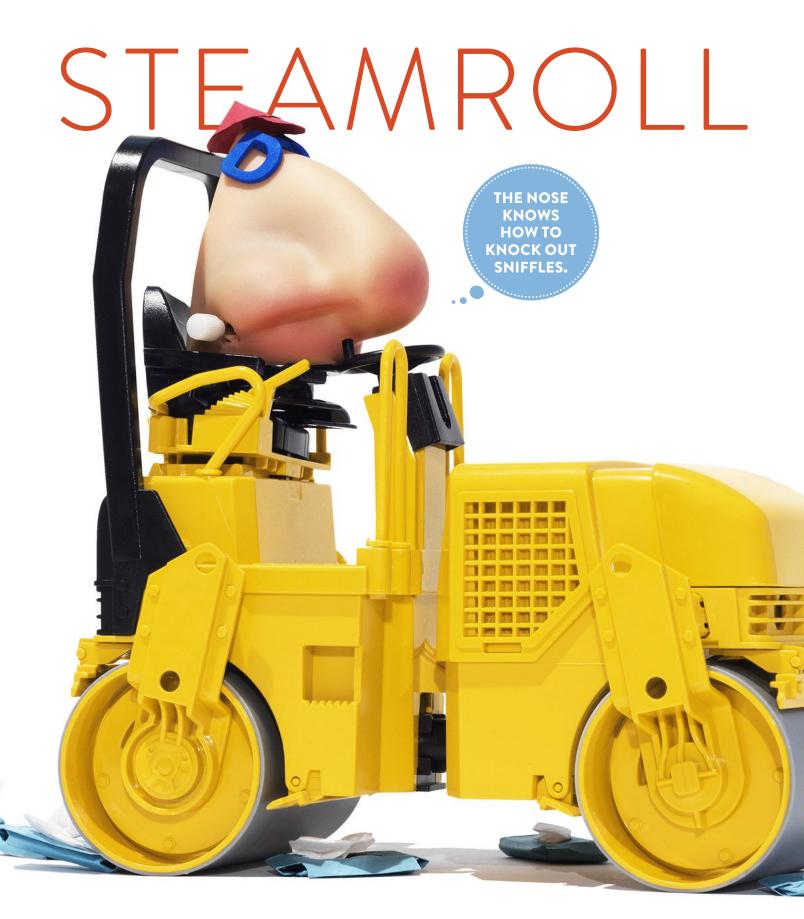


because 1 in 4 of your co-workers come in to work sick.

No appointment necessary. Free with most insurance.3 High Dose Vaccines available for seniors.

Free Cold & Flu Protection Plan.4

1 Vaccines available while supplies last. Age restrictions may apply in some states. See pharmacist for details. 2 Source: http://www.nsf.org/consumer-resources/studies-articles/surveys/workplace-flu-survey 3 See pharmacist for details. 4 To get complete plan, a wellness+ or Plenti card must be scanned with the purchase of a flu shot. Or see pharmacist for how to sign up without a flu shot purchase.



Stuffed up and sorry for yourself? Not this year. The average person gets socked with the common cold two to three times in 12 months—but who's to say you have to be average? Adopt the strategies below and you may be able to sidestep the misery altogether. And if, despite your best efforts, you get that tickle in your throat, that hot, achy feeling, or a full-blown cold, our pullout booklet is stocked with advice that'll flatten your symptoms fast...but first, how not to catch what's going around:

BY BARBARA BRODY PHOTOGRAPHED BY JUSTIN FANTL

Keep up your workouts

Research suggests that people who exercise at least five times a week get colds less often than those who have an onagain, off-again relationship with activity. Moderate workouts may give your immune system a boost, and it's possible that these regular upticks could help keep colds away.

Try this water trick

Gargle with tap water for a minute or so. Researchers in Japan found that people who did this three times a day or more caught fewer colds-and if they did come down with something, some symptoms were milder than in those who didn't gargle. No harm in putting salt in the water if that's what you prefer, but you don't have to.

Take a breather

When people kept up a daily practice of mindfulness meditation-they set aside time to pay attention to what was happening in the moment without judging it—they took 76% fewer sick days due to colds, according to research in the Annals of Family Medicine. Could be because meditation helps lower stress, which may allow your immune system to respond better to any invaders.

Wash up

We know you know that hand washing is one of the best ways to avoid getting sick. So why aren't you doing it? According to one study, only 65% of women (and, no kidding, 31% of men) wash their hands after using a public restroom. To help skirt colds, you need to scrub up then and plenty of other times, like before eating and when you're near coughers and sneezers.

Head to bed

It's no secret that sleep is important, and research offers yet another reason to turn the lights out early: People who got less than seven hours of rest a night were almost three times as likely to develop a cold than folks who got eight or more hours.







What will you do now that you don't?

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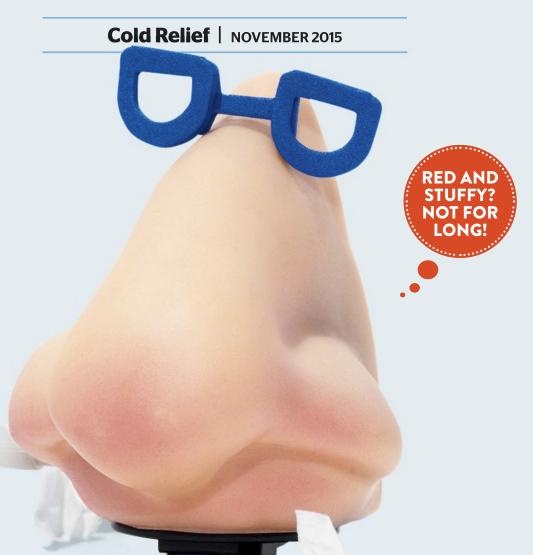


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*Points accrued based on the calendar year. Registered Quit for You customers earn two (2) points for every dollar spent on eligible non-prescription nicotine replacement products when they scan their card at the register. See riteaid.com/quit for complete details.

DR.OZ THE GOOD LIFE

Handbook



GET WELL SOONER

This hour-by-hour guide will speed you from achoo to already over it.



GET YOUR FLU SHOT' TODAY AT RITE AID



because 63% of your friends didn't.

No appointment necessary. Free with most insurance.³
High Dose Vaccines available for seniors.
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1 Vaccines available while supplies last. Age restrictions may apply in some states. See pharmacist for details.2 Source: http://www.cdc.gov/flu/fluvaxview/coverage-1314estimates.htm#age-group-adults 3 See pharmacist for details. 4 To get complete plan, a wellness+ or Plenti card must be scanned with the purchase of a flu shot. Or see pharmacist for how to sign up without a flu shot purchase.



DON'T PUSH FOR AN RX.

700 AM Call in sick

The first morning when you wake up feeling as if a cold has moved in—you're stuffy, a cough is brewing, and your brain is far from focused—you need unlimited access to rest. Don't think you're being a hero by dragging yourself in to work. You'll likely just feel lousy for longer, says Chris D'Adamo, Ph.D., director of research at the Center for Integrative Medicine at the University of Maryland School of Medicine. And you'll be spreading your germs: You're most contagious for the first two to three days of a cold, when you're sneezing and coughing up a storm.

715 AM Steam up, rinse out

Climb into a hot shower. Warm, moist air helps hydrate the membranes in your nose and throat, so mucus can drain more freely, says Sezelle Gereau Haddon, M.D., an ear, nose, and throat specialist with the Center for Health and Healing at Mount Sinai Beth Israel in New York. When you get out, you can use a neti pot to help thin and flush away anything that's still stuffing you up, as well as some of the germs in there, she says.

Taking antibiotics for a standard cold is like using weed killer to get rid of ants-wrong product for the job. Viruses cause colds; antibiotics fight bacteria. Your doc (and an Rx) can't do much unless you have something other than a basic cold (such as vomiting, major chest congestion, a high fever, or a very



800 AM Time for tea

Pour yourself a steaming cup of just about anything—it may help with the congested feeling. Even better: Fill that mug with echinacea tea, which may reduce cold symptoms. Follow it with a little something to eat.

830 AM Take a probiotic

Chase breakfast with a probiotic pill. A review published in the *British Journal* of *Nutrition* found that people who took probiotic supplements or had probiotic yogurt drinks containing lactobacillus and bifidobacterium strains got over their colds faster (look for those strains in the pills, too).

Also start popping zinc lozenges. Research has found that these may shorten the duration of a cold, as long as you start them within 24 hours of when you first feel it coming on. Take them with food to reduce the chance of a grumbly stomach.

10 30 AM Head back to bed

You can't recuperate as easily if you don't get enough rest. Tiredness is one way nature tells us to devote our energy to the immune response instead of running around, notes Christopher Coe, Ph.D., director of the Harlow Center for Biological Psychology at the University of Wisconsin-Madison. Makes sense, right?

10 45 AM Tackle congestion

Can't nap because your nose is too clogged? Try opening things up with a saline nasal mist. Or consider a medicated decongestant nasal spray, says Lawrence J. Cohen, Pharm.D., a professor of pharmacotherapy at the University of North Texas System College of Pharmacy. These sprays target swelling in your nasal passages much more quickly than pills do.



If you are congested but need to stay up—say, you had to go in to work—look for a decongestant med that contains pseudoephedrine, says Cohen. That's the stuff (in products like Sudafed Congestion) that's usually behind the counter, not the related formulation (phenylephrine) on the shelves. Got more than congestion? Use our cold medicine decoder on the last page of this handbook to find the product you need.

1230 PM Eat some lunch

Even when your appetite is down, don't say no to chicken soup. The hot broth helps ease congestion (the way your breakfast beverage did), and the saltiness makes you thirsty, so you'll hydrate with other liquids, says Joan Salge Blake, R.D.N., a clinical associate professor at Boston University. When someone you love makes that soup? Even more soothing.

200 PM Walk it off

If you have symptoms just from the chin up (cough, sore throat, runny nose), with no fever, swollen glands, or achiness, get yourself outside for a short walk. Experts believe that moderate exercise helps antibodies and infection-fighting white blood cells circulate through your body more rapidly. Don't get too ambitious, though: Intense workouts can weaken the immune system, which won't help you get better.

300 Modern Family

Pretty bored by now, eh? Tuning in to a little funny stuff might give your immune system a nudge. (If you've been slugging it out at work, put on your earphones and indulge in a short LOL session.) Laughing revs the activity of certain antibodies that destroy bacteria and viruses, says research from Loma Linda University. Plus, you deserve a smile about now.

600 PM Dinnertime

You might not feel much like having a meal, but you need fuel—especially if you have a fever, since your body is using a lot of energy to fight this thing, says D'Adamo. Whip up a quick stir-fry and include thin slices of beef (for zinc), plenty of mushrooms (they contain potential immune boosters called beta-glucans), and loads of crushed garlic (for antimicrobial allicin).



800™ Set the stage for a better night

For most people, cold symptoms get worse at night, says Gereau Haddon, especially when you first lie down. That's when you're likely to cough more because of mucus dripping along the back of your nose and down your throat.

Before bed, take all that sniffing and hacking down a notch with a mini steam room. Start by boiling some water and pouring it into a large bowl. Drape a towel loosely over your head as you lean over the bowl (not too close!), and breathe deeply for a few minutes. Dr. Oz likes to add a few drops of oregano oil to the water. Then, keep the hydration going all night with a humidifier.

<u>900™</u> <u>Take meds that</u> will ease your sleep

To avoid having your symptoms wake you later, choose nighttime formulations of any medicines. Or try a natural sleep aid: D'Adamo recommends 1 to 3 mg of melatonin (a sleep hormone) 30 minutes before bed. Choose a timed-release formula, he says, so the effects are spread throughout the night.

930 PM Lights-out

Yes, it's early, but that's the point. "Rest is what's really going to help speed along the recovery process," says D'Adamo. Rearrange your pillows to elevate your head and neck comfortably; that will ease sinus pressure and help you breathe easier.



DAY 2 AND BEYOND

Get more rest than you think you need. If you go to work, that should be all you do—cancel all evening plans and conk out super early. "If you've been taking zinc or echinacea, keep that going until you've completely recovered," says D'Adamo. Decongestants and cough meds? "You'll probably need to continue for a few days, but after the second day, try using them less frequently." On the third day, make sure you stop the nasal sprays; it's hard to wean yourself from them after that.

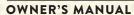
OTC MEDS MADE SIMPLE

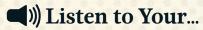
Focus on your most annoying symptom, and buy a formula designed to target *that*. Watch out for combo products: They make it easy to double-dose with certain ingredients, says Lawrence J. Cohen, Pharm.D. Battling multisymptoms? Ask the pharmacist to recommend products that are safe to take together.



YOU HAVE:	THE RIGHT MED TO TRY:
Chest congestion (a full, heavy feeling)	An expectorant. It helps break up mucus, so you can cough it out. Look for the ingredient guaifenesin (that's what's in products like Robitussin Mucus+Chest Congestion and Mucinex Expectorant), says Scott Drab, Pharm.D., an associate professor of pharmacy and therapeutics at the University of Pittsburgh School of Pharmacy.
A constant hacking cough	A cough suppressant such as dextromethorphan (in Robitussin Long-Acting Cough). It essentially shuts off the cough center in your brain, to keep you from hacking, says Cohen. Some products also contain ingredients that calm the back of your throat, eliminating a physical trigger for the problem.
A really stuffy nose	If a saline product doesn't work, you can try a nasal spray with oxymetazoline. Limit use to three days or you could get rebound congestion, leaving you stuffier than before. These sprays force nasal blood vessels shut, and when they wear off, the vessels overcompensate and become extra swollen, requiring more spray to bring the swelling down. That's a cycle you don't want to get into.
A stuffy nose plus sinus pressure	Cohen recommends a decongestant with pseudoephedrine (in products like Sudafed Congestion). The downside: It can make people feel a little jumpy.
A sore throat	A lozenge or spray with a numbing agent like benzocaine or phenol. For mild scratchiness, look for lozenges with pectin (in some formulas of Luden's or Sucrets).

Note: Always ask a health care professional about your specific medical needs. This information is not individual medical advice and may not be appropriate for you.





SHOULDERS

"Crunch." "Creak."
"Ouch." That's what
your poor, overworked
shoulders grumble
at you. Get to "aah" and
"thanks" with good info
and a few life tweaks.

BY MAGGIE PUNIEWSKA
ILLUSTRATIONS BY
MARK ALLEN MILLER

1,600

The number of positions each arm can hit, thanks to the shoulder's amazing design.

The Basics



3 BONES

...make up the shoulder: the scapula, humerus, and clavicle.

270 DEGREES

How far the shoulder can rotate—the most of any joint in the body.

100 мрн

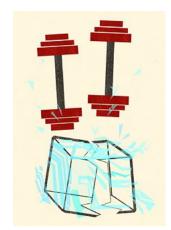
Human pitches can hit this speed; no other animal can throw as fast. When chimps are trained to throw, they max out at around 20.

4 MILLION YEARS

Time it took for the shoulders and core to evolve so we could reach back and throw—an essential skill for hunting.

Their superpower is also their downfall

Unique shoulder joints give you the ability to move your arms in almost any direction, letting you do everything from reach behind you to zip up a dress to swim laps in the pool. The arm rests in the socket like a golf ball on a tee, as opposed to being embedded in it (like your hip). That makes the joint very mobile, but not so stable. The tissues around it (muscles, tendons, and ligaments) do the difficult job of keeping the shoulder in place, making them prone to injury, especially with overuse and age. About 16 million people a year—the majority of them women, thanks to our looser joints—check in with a doc for a shoulder woe. Most won't need surgery: Nearly 70% of problems can be fixed with physical therapy, anti-inflammatories, and rest, says Nikhil Verma, M.D., a professor of orthopedic surgery at Rush University Medical Center in Chicago.



Frozen shoulders can be "thawed"

Women between the ages of 30 and 60 are particularly vulnerable to "frozen shoulder"all of a sudden, you realize you can't grab a book from a high shelf or reach back to hook your bra. For unknown reasons, the lining of the joint becomes inflamed, tightens, and makes your shoulder stiff. If you control the inflammation and diligently work on the tissue (get exercises from a physical therapist), you can bring movement back and even speed up the thawing by a couple of months, says Verma. Cortisone shots, heat, and acupuncture can help too.

Where to press for relief

When your shoulders tense up and won't let go, try this: Roll a tennis ball between your back and a wall. The prime spots to go over tend to be right above each shoulder blade in the upper back and in the soft area between the blade and the spine, says Paula Ludewig, Ph.D., a professor of physical therapy and a shoulder researcher at the University of Minnesota. This can relax the muscle tissue and promote blood flow, which helps ease things up. To stay loose even when the stress around you is rising: Shrug your shoulders up and down every 30 minutes or so, or rotate them in circles.



SLOUCHPROOF YOUR SHOULDERS

Do these three exercises at least every other day to strengthen your back and open your chest so you stop slouching (and hurting) so much.

1 Chest Stretch

Stand facing a wall.
Raise your right arm
and place your palm
against the wall as if
you're giving it a high
five. Turn your body
away from that arm
until you feel a stretch
in your chest. Hold for
30 seconds. Repeat
3 times on each side.

2 Shoulder Blade Squeeze

Sit tall in a chair. Gently draw the bottom of your shoulder blades together. Hold for 5 counts, then relax. Do 3 sets of 10.

3 Shoulder Row

Lie facedown on a bed, one arm hanging off the side, holding a weight or a soup can. Pull your hand toward your armpit; keep elbow tucked in to your body. Lower and repeat. Do 3 sets of 10 on each side.

THAT ACHE? IT'S YOUR SHOULDERS TELLING YOU NOT TO SLOUCH

Hunching and looking down (you know, the way many of us sit at our computers or huddle over our phones) pulls the shoulder blades out of position, which strains the tissues trying to hold them in place. It also tightens your chest, which—guess what—rounds the shoulders even more. Break the pattern with the "relief" exercises above and by keeping devices at eye level. Perch your computer screen on a stack of books to prevent neck craning, for example.



9/15

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A Moving Miracle

Susan Harkema dared to hope that her research might help paralyzed patients move their bodies again. Wow, did it work. Meet a young man who got his life back, thanks to her.

BY SANDY M. FERNÁNDEZ

Eleven days into a new therapy at neuroscientist Susan Harkema's lab at the University of Louisville, 24-year-old Kent Stephenson was making exactly the kind of progress researchers had told him to expect: That is to say, none at all.

Stephenson had been paralyzed from the chest down in a motocross accident in 2009. For almost three years, doctors had been saying he'd be in a wheelchair for the rest of his life. "It was, 'Here's your painkillers, here's how to apply for disability,'" he says. "I was told I should look into full-time care. But I never gave up hope."

That determination had brought him to Louisville, KY, where Harkema's team—along with colleagues at UCLA—had been working on a new therapy: They would deliver electrical pulses to the spine below a patient's injury, intending to "wake up" the dormant nerves and remind them they had a job to do (see "The Big Idea," page 40). The scientists' first

attempt with a patient showed promise, but because Stephenson couldn't move or feel anything below his chest, they kept his hopes at rock bottom.

"They said, 'It's not going to work, but we need someone to *prove* it's not going to work,' he says. "I had a girlfriend, and it was going to take months, so part of me thought I should just go home to Texas and try to get on with my life."

Instead, he stayed. On that 11th day, at the end of a long, dull series of tests, he was asked to move his left leg. It was something he'd tried and failed to do so many times that Harkema wasn't even in the room. But then, up went Stephenson's knee, for the first time since his accident.

"My mom was there, and she started crying, and so did I," he says. "I was like, 'Can I do it again?' then Susan came running in, saying, 'Let me see!'"

"We were absolutely not expecting that," Harkema says now. For the 52-year-old Ph.D., who

"The work is incredibly fulfilling," says Harkema, who heads Louisville's Frazier Rehab Institute.

BREAKTHROUGH

began studying paralysis as a postdoc at UCLA under her collaborator, Reggie Edgerton, the moment felt precious. "I was in the right place at the right time with the right information," she says. "This is the kind of unique reward that most scientists don't get to enjoy."

Over the course of her research, four men received the therapy, and all four regained some leg movement, an almost unheard-of 100% response rate. None so far are able to walk, but simple things like being able to stand and sit up on their own have drastically expanded their worlds. Perhaps most important, as the weeks went on, they experienced an unforeseen benefit: All the men largely regained control over their bladder, bowel, and sexual functions. (On the last, Stephenson cracked to a reporter: "I went from zero to hero!") Also back: the ability to automatically regulate body temperature, a skill many paraplegics' bodies seem

Using the stimulator "is addictive!" says Kent Stephenson, who turns on the power in order to stand.

to "forget," putting them in danger of hypothermia, overheating, and potentially death.

"I don't have special needs in the Texas heat now," Stephenson

says. "I can wear the same boots, same jeans, same shirts I've worn all my life."

"All of that progress is incredibly significant," says Peter Wilderotter, president and CEO of the Christopher & Dana Reeve Foundation, which funds spinal cord injury research. "People who are in wheelchairs are more likely to die prematurely than those who aren't, but it's not because they're not walking—it's because of complications from these other systems."

Harkema's next trial will expand the number of test subjects to 36 and include women for the first time. Finding female subjects has been challenging in the past, she says, largely because women suffer fewer spinal cord injuries. But that's unlikely to be a problem now: Since the news broke of her incredible results, more than 5,000 people have applied to be part of the next set of trials. (Olympic gold medalist swimmer Amy Van Dyken-Rouen, paralyzed in an ATV accident in 2014, says she signed up the very first day it

Scientists
place a
16-electrode
array, the
size of a thin
french fry,
below the
injury in the
spine.

THE BIG

The electrodes convey pulses from an implanted device...

...that is controlled by a handheld wireless transmitter. Each movement has a different code.



opened.) On Harkema's Facebook page, pleas scroll in from all over the globe: "It's been 8 years since my husband's paralysis..." "My uncle is tetraplegic..." "Please reply as soon as possible." She gently directs everyone to apply, but can't help them all—yet.

"With research, we're usually talking about making treatment widely available in 10 years," says Wilderotter. "We think this can be three to five."

Meanwhile, all four of the initial subjects are still being tracked, says Harkema, and "everyone has continued to improve at some level. They haven't plateaued." Kent Stephenson is working for his family's construction company and occasionally off-roading with friends. And that girlfriend? She's now his fiancée; they're deep in wedding plans.

"Sometimes, I even forget I'm in a wheelchair," he says. "I feel like it's just a handful of steps back to where I was before the accident. And I know life will just keep getting better." ■



The accumulation of surplus **fat** is a consequence of aging. The reason for this unwanted weight gain, however, has only recently been discovered.

Each of our cells contains an enzyme called "A-M-P-K". When AMPK is <u>activated</u>, cells stop storing fat and start burning accumulated fat.

How do we know this? In response to extreme **calorie restriction**, AMPK activity skyrockets and rapid **weight loss** ensues. The problem is that most people cannot consistently under eat to elevate their **AMPK**. In fact, **66%** of Americans struggle with being **overweight**.

Dramatic Impact of AMPK Activation

For the first time, scientists have discovered two **nutrients** that markedly <u>increase</u> **AMPK** activity. Clinical studies in humans using these AMPK-activating nutrients reveal profound **weight loss** effects.

But will these nutrients produce the same **fat-shedding** effects <u>outside</u> a clinical testing environment? Our opinion is a resounding NO!

Many people consume so many **excess calories** and get so little **physical activity** that it is <u>not</u> possible to achieve meaningful weight loss with just a pill. That being said, if you are trying to lose weight, and do <u>not</u> take steps to boost your **AMPK activity**, you will almost certainly fail.

Activate Your AMPK without Starving

For the first time, those who are serious about weight control can <u>boost</u> their **AMPK activity** and give themselves a fighting chance of achieving meaningful weight control in response to a reduction in calorie intake and increase in physical activity.

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Way back when, the idea of a life coach seemed bizarre. Paying someone to cheer you on to professional and personal success? Wasn't that what friends did absolutely free? Then smart people all around you decided to see one (a few probably became one) and the life coaching industry was born. So what's the hot new hired helper? A health coach. Sort of a

cross between a personal trainer and a "Yay, you!" cheerleader, these experts monitor your meals, workouts, and daily habits, helping you figure out how to change unhealthy behaviors. Imagine a BFF who actually cares about your cookie addiction and expertly guides you toward better choices. That's a health coach—if you find a good one.

While the specialty has existed on the fringes for decades, health coaching only recently exploded in popularity. The National Consortium for Credentialing Health & Wellness Coaches (NCCHWC) estimates that of the roughly 30,000 practicing coaches in the U.S. right now, 10,000 have become certified in the past five years. "It's one of the fastest growing professions in the health and wellness industry," says Meg Jordan, Ph.D., R.N., copresident of the National Wellness Institute. Unsurprisingly, coaches are frequently hired to help clients lose weight, though they often work with you to exercise, reduce stress, and more.

There's a key reason for the surge: Health coaches can pick up where other pros in your life leave off. "A doctor might hand you a pamphlet, but it's usually not knowledge people lack," says Janelle Coughlin, Ph.D., associate director of the Center for Behavior and Health at Johns Hopkins Medicine. "It's support, accountability, and feedbackthings a physician may not have the time or training to provide."

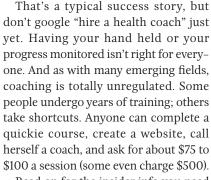
Regina Camplin, 40, of Winter Park, FL, for instance, wanted to

work out consistently and lose 35 pounds of pregnancy weight she'd gained a few years ago. She doubted that a personal trainer session once or twice a week would do the trick. Instead, she wanted someone who could help her determine how to fit gym visits into her busy days (she's part owner of an advertising agency) and avoid the self-sabotage of highcalorie convenience foods. "I needed to rethink how I fueled myself as I got stronger," she says. So she chose a coach who's also a trainer, and they came up with ideas that didn't require major life overhauls, like eating better before and after workouts. Camplin wasn't handed a list of foods; her coach helped her pick what she'd actually buy, pack, and eat on the run.

> Their plan helped her drop the weight in about six months and keep it off.

That's a typical success story, but

Read on for the insider info you need before you sign on with any coach, plus a realistic picture of what even the best of them can and can't do for you. Doubtful? Wary? We get it, so we've pulled together coaches' top change-making secrets to try for yourself (see "Coaches' Best Tips, Yours for Free," opposite page).



THE RIGHT MENTOR FOR YOUR MONEY

Coaches might learn similar techniques, but the chasm between top-notch certifications and those from a coach mill is so wide, even the industry is concerned. To ensure that coaches master certain basics, the NCCHWC will begin rolling out its own national certification program next year. Until it starts minting coaches, though (and even after that point), use these strategies to home in on someone who does more than just collect your cash.

Check her schooling. Ask where a prospective health coach got her training; the answers range from short online courses to rigorous two-year options. Programs may be specialized: Some are geared to fitness professionals who want

to study behavior change and add health coaching to their repertoire. (The reputable American Council on Exercise [ACE] offers one.) Others provide advanced instruction, often for people who already have health care degrees, such as nurses, physical therapists, or even M.D.'s (Duke Integrative Health Coaching, for example). Watch out for coaches with



zero bona fides other than that they really "love nutrition and fitness." Make sure they have actual schooling, then go to that program's website and eyeball the curriculum. Be skeptical if the primary focus is on how students can market themselves or how "easy" it is to become a coach and earn big money.

- Beware those selling you a detox program...or supplements, shakes, or bars. Good coaches may point you to healthier food choices, but if purchases are part of the deal, don't bite. Same with coaches who aren't registered dietitians but who offer detailed eating plans—they're not trained for that, says certified dietitian and culinary nutritionist Stefanie Sacks, C.N.S. Also stay away from those pushing extreme eating plans—they may not be medically appropriate for you.
- Make sure they're not getting everything from a box. Some programs give graduates templates and todo lists, so that all the coach has to do is print handouts and parrot encouraging messages. Ask a coach to tell you about her greatest successes. If it sounds like she tends to take the same steps and offer the same advice to everyone, move on. You won't get the tailoring you need (and pay for).
- **D** Look for a personality click. Your coach can boast impeccable credentials and a long roster of happy clients, but none of that matters if you don't have good chemistry together. You should feel that she genuinely understands and cares about your situation, says Margaret Moore, cofounder of Wellcoaches Corporation, a training program connected to the American College of Sports Medicine. Coaches who aren't willing to speak with you for 20 minutes for free, says ACE-certified health coach Lee Jordan, "likely don't have the caring spirit necessary to give excellent support." When you hang up the phone, check that you feel energized, not obligated. Because if a health coach is what you're after, there are thousands more to choose from. ■

COACHES' BEST TIPS, YOURS FOR FREE

1 RAISE YOUR AWARENESS

"A lot of us are disconnected from what goes into our mouths. We're sitting there and all of a sudden a whole sleeve of cookies is gone," says American Council on Exercise-certified coach Lee Jordan. To help his clients be more self-aware, he has them text him a picture of every single thing they eat—healthy or not. Then, he helps them react constructively when the photos show slipups. Mapping out the rest of the good choices you can make in a day keeps you from dwelling on regret, says Jordan, who has coached numerous clients through losing more than 100 pounds. Try the photo trick for yourself. Review the snapshots at least once a day to find meal, snack, or "just one more" habits you can tweak.

2 SET GOALS THE RIGHT WAY

Health coaches, like personal trainers and sports coaches, generally guide you to set SMART goals (stands for specific, measurable, attainable, relevant, and time-bound, meaning you give yourself a deadline). Say you want to be healthier. You have to identify exactly what that means at this moment (exercising more, for example); determine the times (you'll get on the elliptical Mondays, Wednesdays, and Fridays during the *Today* show and take a brisk, after-dinner dog walk each night, for example); set benchmarks (work up to 15-minute sessions on the elliptical and 15-minute walks); and designate a deadline (you'll be able to complete that 5K charity walk next spring). Don't just keep goals in your head. Research has shown that writing them down helps make them happen.

3 UNCOVER WHAT MOTIVATES YOU

Using a technique known as motivational interviewing, coaches ask open-ended questions (not granular ones, like "How much weight do you want to lose?") to pinpoint what really lights a fire under you. Try asking yourself these coach favorites:

- ▶ What about weight loss is important to me?
- ▶ What obstacles are in my way? How might I remove them?
- ▶ What healthy changes could I realistically make this week?
- ▶ How ready am I to make the changes I want, and what could take me one step closer to seeing that they really happen?

Try not to judge yourself as you answer. If the only step you can take today is a small one, don't criticize it, just do it.

TRIM, FIT, HEALTH-CONSCIOUS. WHY ARE THESE WOMEN IN THE DIABETES DANGER ZONE?

YOU COULD BE
RIGHT THERE WITH THEM
BUT HAVE NO IDEA. FIND
OUT HOW TO REDUCE
YOUR RISK OR REVERSE THE
DAMAGE—BECAUSE
LITTLE CHANGES
MAY BE ALL IT TAKES.



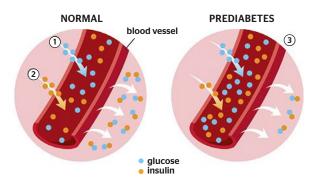


The Good Life Report

Almost 40% of Americans are walking on a treacherous health tightrope right now: They have prediabetes, blood sugar levels that are higher than normal, increasing their chances of developing full-blown diabetes. Many of them have no clue about the threat they may face and feel perfectly fine. This condition has no outward symptoms, so you wouldn't run to the doctor to see what's up. And even if you do get tested, you might not think a condition that starts with "pre-" is anything to worry about, especially if your doctor doesn't sound concerned. "People can be at risk for diabetes without being told this directly," says Stuart Weiss, M.D., an endocrinologist at NYU Langone Medical Center. Instead, a doctor may say you have "a touch of sugar" or "impaired glucose tolerance" or that you're in "the gray area."

But prediabetes should be taken as a wake-up call to tackle healthy changes that can make all the difference. Sooner is better than later: The condition gives you a 15% to 30% chance of developing type 2 diabetes within the next five years. If that happens, suddenly you're at higher risk for heart disease, stroke, blindness, kidney failure, and even amputation. This "almost" stage is worrisome for other reasons: Prediabetes could push up your risk of Alzheimer's and certain cancers—breast, liver, stomach, pancreas—by 15%. You can do something about it, though. "Blood sugar is a continuous"

HOW PREDIABETES WORKS



- 1. Your digestive system breaks down carbs into molecules, including glucose. These enter your blood through the intestinal wall. The glucose in your bloodstream is called blood sugar.
- 2. When your blood sugar level rises, the pancreas releases the hormone insulin into the bloodstream. Insulin helps unlock your cells so the blood sugar can enter and be used for energy.
- 3. When you have prediabetes or type 2 diabetes, the body doesn't produce enough insulin or can't use it properly ("insulin resistance"). As a result, the muscle cells are unable to take up enough sugar from the blood. All those sugar molecules build up in your blood and go floating around your system like vandals on a crime spree, damaging blood vessels and organs and raising your chances of cardiovascular disease, stroke, high blood pressure, kidney disease, blindness, and amputation.



Patricia Zurita, 33 5 feet 7 inches, 150 pounds

"I might not look it, but I'm at risk."

I consider myself to be pretty healthy. I played Division Il tennis in college. I walk or run two to three times a week, and I teach Zumba once a week. But I know I'm at risk for diabetes. It's in my family tree: A few relatives have had limbs amputated. And in 2009, I found out I have polycystic ovary syndrome (PCOS), a huge risk factor (see "Your periods are wonky," page 50). My blood sugar is OK now, but I know I have to eat healthy and exercise so it stays that way. I try to limit carbs to one meal and fill up on veggies. It's funny-in my family, diabetes is taboo to talk about, but I know I can't just pretend it won't happen.

THE DOC WEIGHS IN

Family history and PCOS are risk factors, says Jill Crandall, M.D., director of the diabetes clinical trials unit at the Einstein-Mount Sinai Diabetes Research Center in New York. "But since Patricia is lean and fit, her risk is probably lower than for most women with PCOS, who are typically overweight." She might want to break up her daily dose of carbs into different meals, though. The more you eat at once, the more you challenge the body to make insulinand the less likely it'll be able to keep up.



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Jennifer Purdie, 38 6 feet, 135 pounds

"Me? Prediabetes? I run marathons!"

I was feeling really run-down when I went in for a regular physical in 2013. I've done dozens of half- and full marathons, but within a span of two months, my running had deteriorated. The doctor did routine blood work and told me I'm prediabetic. I never thought this could happen to someone like me. I'm a runner. I'm not a big girl. I was shocked.

Since my diagnosis, I've been watching what I eat. I cook more, often roasting vegetables from the farmers market, and I don't have junk in my house or my drawer at work. Fortunately, my glucose levels have improved, but I'm still in the prediabetes zone.

THE DOC WEIGHS IN

"Usually with prediabetes, there aren't any symptoms like exhaustion," says Crandall. While it's likely there's something else making Jennifer feel run-down, it's good that she found out about the prediabetes now. It could easily have been overlooked: Blood sugar testing often isn't done until a person is 45 or has other risk factors.



The Good Life Report

variable that goes from totally normal to totally diabetic with many stops along the way," says Alan Garber, M.D., Ph.D., a professor of medicine at Baylor College of Medicine in Houston and president of the American College of Endocrinology. "The earlier you make lifestyle changes, the sooner you can slow—even reverse—the progression."

Swear you're so healthy that prediabetes couldn't happen to you? That's what the women on these pages thought too. Discover the sneaky factors that can put you at risk—and find out how to ratchet the threat level down a notch, or take it all the way back to normal.

You work out a couple of times a week, but that's it for exercise

A weekly yoga class and weekend hike may keep your outside looking good, but you could be fooling yourself about what's going on inside. "Most people are in denial about how sedentary they are," Garber says, and exercising fewer than three times a week puts you at risk for prediabetes, according to the American Diabetes Association (ADA). The reason: Physical activity helps combat the insulin resistance that can lead to diabetes (for an inner look. see "How Prediabetes Works," page 48).

Take action Get at least 30 minutes (60 if you're trying to lose weight) of moderate aerobic activity like brisk walking five days a week, the ADA recommends. Also squeeze in two sessions of resistance training a week—it can be as simple as doing a few exercises that work against gravity and/or your body weight (like planks, lunges, and squats). This can lower blood sugar and keep insulin functioning better.

STEALTH RISK #2 Your periods are wonky

An erratic menstrual cycle, especially if your period goes missing for months at a time, is one important clue you could have polycystic ovary syndrome (PCOS), a hormonal endocrine disorder that's intertwined with diabetes, Garber says. Studies show that around 40% of women between ages 20 and 50 who have glucose intolerance or diabetes also have PCOS.

Take action Look out for the oddball group of symptoms that may signal PCOS: missed periods, hair growth on the chin or belly, hair loss from the scalp, acne, infertility, and miscarriage. If you suspect you have the hormonal disorder, tell your ob-gyn about your symptoms and ask her to test your testosterone and glucose levels. Got the diagnosis? Your doctor might prescribe oral contraceptives to help regulate the hormones that control your periods plus another type of prescription pill that acts on insulin. It's important to stay consistent with your healthy eating and exercise habits to help with PCOS and the diabetes risk that comes with it.

STEALTH RISK #3

You have a belly pooch

Extra belly fat puts you at huge risk for prediabetes even if the number on your scale reads as healthy. Fat deep in your abdomen is broken down into tiny molecules called free fatty acids. These get unleashed into your blood, clog up your liver, and cause a chain reaction that eventually prevents your tissues from being able to take in the blood sugar they need, says Sherita Hill Golden, M.D., a professor of endocrinology, diabetes, and metabolism at Johns Hopkins University School of Medicine. Take action Don't stress: "If you're prone to gaining weight around your middle, that's the same place you're going to lose it," says David

Katz, M.D., director of the Yale-Griffin Prevention Research Center. To blast belly fat, ramp up your exercise as mentioned above and clean up your diet: Cut back on foods that are absorbed into your bloodstream rapidlythink refined carbs and foods with added sugars (that includes cookies, doughnuts, and white-flour crackers and breads); get more fiber, especially the soluble kind found in berries, apples, and whole grains like barley and oats; and for fat, rely on the healthy, monounsaturated kind (nuts, seeds, walnuts, almonds, avocado, and olive oil). "These foods, especially monounsaturated fats, are associated with better insulin levels and less deposition of fat around your middle," Katz says. >



- ▶ **Being heavy.** Dropping pounds is the number one step you can take to prevent diabetes. Losing just 5% to 7% of your weight can make an impact.
- ► Family history. Having any first-degree relative (a parent or sibling) with type 2 diabetes can make your risk three to six times higher.
- ► Age. Being 45 or older raises your chances of the disease. With age, cells don't respond to insulin as well.
- ► Ethnicity. In the U.S., type 2 diabetes is up to six times more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Pacific Islanders than it is in Caucasians.

If you have any of these risk factors, ask your doctor about getting tested. An A1C test gives an excellent picture of what's going on, and you don't even need to fast first.



Dana Brown Smith, 44 5 feet 8 inches, 173 pounds

"I generally eat really clean."

I eat better than most people—an egg in the morning, and some protein, veggies, and brown rice for lunch and dinner. And I love to exercise—Zumba, U-Jam, P90X. I average 15,000 steps a day on my Fitbit.

All that explains why I was stunned when routine blood tests in 2013 showed I was prediabetic. Earlier this year, my blood sugar levels were even a little higher! It was disheartening—I feel like I'm doing the right things, other than an occasional brownie splurge.

My doctor hooked me up with a nutritionist, and we agreed that it was worth trying to lose 10 pounds by working on portion sizes. I'm taking it seriously because I know that what I do now will matter later.

THE DOC WEIGHS IN

Her race and body mass index are risk factors, but "she's doing almost everything right," says Crandall, who encourages Dana to keep up her weight loss efforts—even a few pounds helps risk stay low. And she gets a break on those brownies. "We're all human!" Crandall says. "Overall diet patterns and weight are much more important."



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- 90% felt this product healed their chronic dry, cracked hands



SKIN SMARTS: WHAT YOU CAN DO NOW

A daily moisturizing regimen is the most important lifestyle change you can make when diagnosed with diabetes and the most effective way to proactively keep skin healthy. Targeted skincare solutions from Skinfix and these easy tips help put you in control of your skin and your health.

- Moisturize! Apply a moisturizer to your whole body daily after bathing, paying extra attention to your legs and feet, especially the heels. Do not, however, moisturize between your toes since excess moisture in this area may promote fungal infections.
- Opt for fragrance-free hand creams, since fragrance can throw off glucose meter readings.
- Wear special shoes with extra depth, cushion, and support to reduce the risk of skin breakdown.
- Use a humidifier in cold weather to add moisture to the air in your home.
- Talk to your doctor
 about any skin changes that
 don't go away or any skin
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OZ ILLUSTRATION BY LUKE WILSON

Your baby weighed more than 9 pounds

Big babies are a telltale sign of gestational diabetes (GD), in which a mother has high blood sugar during pregnancy. "When a pregnant woman becomes insulin resistant, the fetus makes more insulin in its pancreas to try to keep its own glucose normal," Golden says. "Since insulin is a growth factor hormone, it makes the baby grow bigger." Doctors used to think that GD was temporary, just a reaction to a hormone produced by the placenta, but they now know that about half of women who have had GD will develop type 2 diabetes in the next five to 10 years and continue to be at higher risk decades after pregnancy.

Take action If you've been diagnosed with GD or given birth to a big baby, it's important to get your glucose levels checked annually—and commit to losing the baby weight and keeping it off.

STEALTH RISK #5

You have a sweeter tooth than you realize

You may think you've cleaned the empty calories out of your diet—maybe

you've scratched your morning muffin and afternoon candy habits. But you still might be getting more sugar in your diet than you think, because it's not just in obviously sweet treats.

While eating too much sugar in and of itself doesn't cause prediabetes, it gets in the way of a healthy diet that keeps you lean and fit and minimizes your risk, Katz says. And if you already have prediabetes, dumping mounds of sugar into your system makes your pancreas go into overdrive in an effort to produce enough insulin to get it all into your cells. Eventually, the pancreas becomes exhausted from the persistent fire drills, and it can't produce enough to keep you healthy. So it's a smart move on many levels to curb the sweet stuff.

Take action Check that you're not getting more sugar than you bargained for: Even a healthy diet could harbor more quickdigesting, empty calories than you think. "People don't know that they need to be as careful in the marinara sauce aisle as in the cookie aisle," Katz says. "Pasta sauces can have more added sugar than ice cream toppings, and some salad dressings are essentially liquid candy you're pouring over your lettuce."

STEALTH RISK #6

You focus on one cholesterol number and forget about the others

Just because your "bad" cholesterol number—LDL—is healthy (lower than 100 mg/dL), don't ignore the rest of the numbers from your blood work. Watch out for low levels of "good" HDL cholesterol (35 mg/dL or lower) and high levels of fats called triglycerides (250 mg/dL or higher). Both numbers are associated with prediabetes.

Take action Using the diet and exercise strategies recommended by the experts in this story can improve blood fats and slash diabetes risk by 58%, according to a large study by the Centers for Disease Control. They should also help control blood pressure, essential since high levels can elevate diabetes risk

STEALTH RISK #7 Your sleep is messed up

Regularly sleeping too little (fewer than five hours) or too much (more than nine hours) increases the risk for diabetes, research shows. "When your sleep pattern is im-



DR. OZ SAYS...
People often tell me
their sugar is "a
little high" without
realizing how
dangerous it is. Those
sugar particles end up
acting like broken
glass that scrapes the
delicate, Teflon-like
lining of your arteries.

paired, your circadian rhythms and natural patterns of hormones are disrupted," Katz explains. "The levels of the stress hormone cortisol go up. This makes your body rebuff insulin, and you have to compensate by making more." Plus, when you're tired, you tend to be less thoughtful about food choices and it can be harder to get motivated to exercise.

Take action Shut-eye matters! In order to get your seven to eight hours, be careful with slumber-busters like alcohol and late-in-the-day coffee, and turn off any electronics an hour before bedtime; the light they emit prevents your body from making its usual, healthy hormonal sleep preparations.

If you have any of these sneaky risk factors, check in with your doctor to see if you should get your blood sugar tested, especially if you haven't had it done in a while (or ever). And don't brush off results that show you're "a little on the high side." Small changes now can set you up for big benefits later.

-Women's stories reported by Lambeth Hochwald

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YOU LAUGH. YOU LEAK. YOU DON'T. Revolutionary new Poise* Impressa* Bladder Supports let you laugh without leaks. Introducing Poise* Impressa*, designed to help stop leaks before they start by giving your body the support it needs in just the right place. Non-absorbent, comfortable and easy to insert. See how it works and hear from women who love it at impressa.com. Urology Carre New! SAVE\$4 9 of 10 no leaks leaks BLADDER LEAKAGE **WAS REDUCED** OR STOPPED.

helps prevent leaks

6 COUNT • 2 of each size





Play beauty chemist with these new booster drops that you blend with your moisturizer to create a customized age-fighting dynamo. To fade brown spots, add **Paula's Choice Resist C15 Super Booster** (\$48, nordstrom.com) or boost radiance with **Odacité Green Tea Lemongrass Serum Concentrate** (\$39, odacite.com). With **Cover FX Custom Cover Drops** (\$44, sephora.com), you can turn lotion into a tinted moisturizer or a full-coverage wrinkle-blurring foundation, depending on how much you use.

pro tip



This Is What 60-Something Can Look Like

Christie Brinkley shares her youth-boosting secrets in her new book *Timeless Beauty*. This simple tip makes a real difference:

If you use powder foundation or blush, spritz on a hydrating mist after you apply them. Pat a tissue onto skin to soak up the spray and you'll nix the powdery look that can dull your glow. Try Evian Natural Mineral Water Facial Spray (\$12.50, sephora.com).





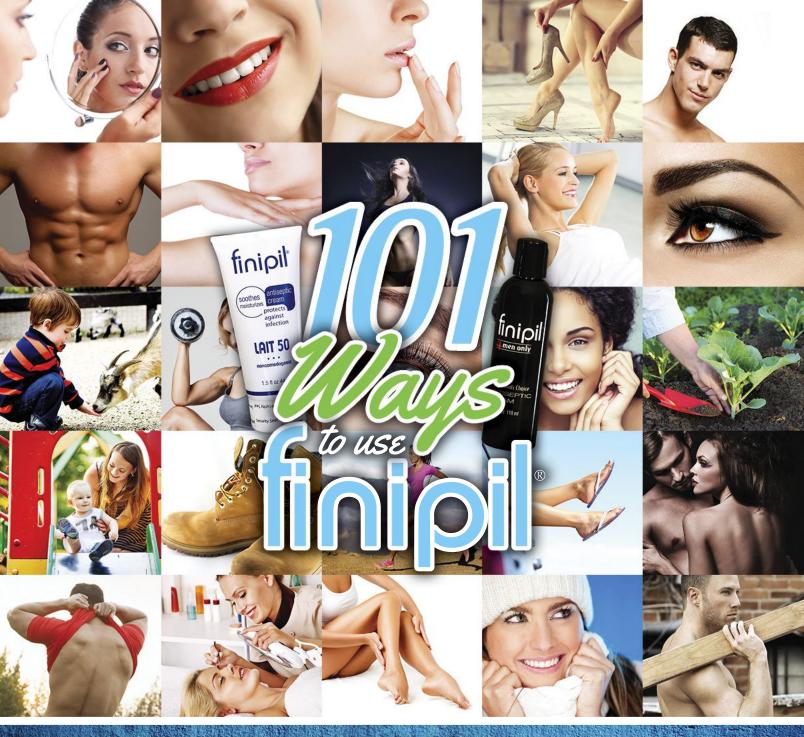
Docs Have a New Anti-Aging Arsenal Ask your derm about Restylane Lyft (\$600-\$1,700+) to plump cheeks and fill in smile lines, or Kybella (about \$1,200 per treatment), which dissolves fat under the chin. Are you needle-phobic? The Venus Viva (starting at \$300) uses radio frequency to amp up collagen production.



that's genius!

High-Tech Skin Care Leaps Ahead

Harvard genetics professor David Sinclair, Ph.D., knows a thing or two about how we age—he's been studying it for decades. So we were excited to learn he'd teamed up with French skincare brand Caudalie to create their brand-new **Resveratrol Lift** collection (\$62-82, Sephora). The line's buzzworthy ingredient: a patented hyaluronic acid and resveratrol complex that boosts skin cells' natural hydration. Our tester noticed an improvement in her fine lines after about a month of use.



Loved after Hair Removal and So Much More!

Both men and women love the way finipil" makes their skin feel after Nufree" hair removal treatments and for continued use at home. But that's just the start. finipil" is an FDA-registered and patented" antiseptic that destroys 99.999% of bacteria and is an incredible non-drying moisturizer and sanitizer with unlimited uses that contains NO alcohols.

Customers call it a "must have" lotion. They tell us they love using finipil" to treat blemishes, curling iron burns, skin rashes, and wind burn and to soothe and cool skin irritations and itching. Men love skin care products that are simple and effective. They use finipil" for everything from chaffing from sports gear, collar rashes, sunburns, to anything in between. You'll be amazed at what finipil" can do for you.



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To order, call 800.247.2405, visit the bodyperfect.com, or ask for it at your salon!

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AGELESS EYES WITH A FLICK OF THE WRIST

Trace a black eyeliner
along your top lids, lifting
them up and out a bit at
the outer corners, says
makeup artist Sonia
Kashuk. This modified
cat-eye keeps droopiness
at bay. We like
Sonia Kashuk Twist Up
Longwear Liner in Black
Onyx (\$8, Target).





CARVE OUT THOSE CHEEKBONES

Dab a coral blush along the high point of your cheeks in an inverted V shape to lift, says makeup artist Laura Geller. We suggest Revlon Cream Blush in Coral Reef (\$13, drugstores).

Hazelle, <u>56</u>

Simplicity and spirituality are Hazelle Goodman's guiding forces—and her virtually line-free face is a testament to their powers. "I truly believe that the way you deal with stress has a big impact on how you look," she says. Prayer is the best cure for tension she knows. Her skincare regimen couldn't be more streamlined: "I cleanse with a mild chamomile soap, and use raw shea butter on my face and cocoa butter on the rest of my skin." Also essential is her morning green juice (an antioxidant-rich mix of spirulina powder, coconut water, and berries), as well as plenty of skin-restoring sleep.



Zoraya, 38

A Venezuelan stunner, Zoraya Glasser learned an important lesson from the women in her family. "They told me never to leave the house without a little something on-even if it's just a dab of lip gloss," she says. "It helps you look more pulled together." That gorgeous skin? Zoraya uses a facial cleansing brush daily ("My pores look so much smaller!") and says coconut oil has made all the difference. So has a seasonal, mostly raw diet and plenty of exercise. "Since I was about 18, I've eaten a lot of fruit and other produce," she says. "I also walk everywhere. But it's important for me to mix up my exercise."

GET YOUR GLOW ON

Reach for an illuminating foundation like CoverGirl Outlast Stay Luminous Foundation (\$13, drugstores), which will reflect light to hide lines. Dab it on with a damp sponge to blend it into your skin, says makeup artist Mai Quynh.





OLAY REGENERIST MICRO-SCULPTING CREAM

The #1 Anti-Aging Facial Moisturizer*



What's in Your...

ANTI-AGING SERUM?

First, choose a good one (we'll help). Then, use it right, regularly, and for a while. The payoff: smoother, younger-looking skin.

BY HANNAH HICKOK PHOTOGRAPHED BY DANNY KIM

WHY YOU NEED IT

Serums are powerful wrinkle fighters: They tend to have a higher concentration of active anti-aging ingredients than creams and fewer oils and waxes for texture. Use yours with (or instead of) moisturizer.

LOOK FOR ONE OR TWO OF THESE

You don't want all four—too many strong ingredients in one product could be overkill on your skin.

- ▶ **RETINOL** is super-versatile and effective at helping your skin produce collagen (the protein that keeps it plump), create healthy cells, and even out discoloration.
- ► ANTIOXIDANTS such as vitamin E and pomegranate or green tea extracts may prevent free radicals from etching lines; vitamin C can help spur collagen production.
- ▶ ALPHA HYDROXY ACIDS loosen skin-cell bonds, sloughing away dead stuff so ingredients can sink in.
- ▶ **HYALURONIC ACID** is a deep hydrator that plumps and softens skin.

Be Patient

There's no such thing as an overnight miracle. It can take up to a month to see a difference with a serum. The product needs to do its thing over a few skin-cell cycles (when new cells replace dead ones) to speed up collagen production.



pro tip

SINCE SOME
SERUMS CONTAIN
LIGHT-SENSITIVE
INGREDIENTS,
LOOK FOR OPAQUE
PACKAGING TO
MAKE SURE THE
PRODUCT STARTS
OFF (AND STAYS)
FRESH AND POTENT.

How to Use It

- **1** Spread a thin layer on clean, dry skin (when it's damp, some active ingredients penetrate more quickly, which may lead to irritation).
- 2 Once it has dried, spread another very light coat on top to ensure that enough active ingredients are layered on your skin.
- **3** If your product contains retinol, **apply it at night** (every other day), since sunlight makes it less effective.

WHEN A SERUM CAN DOUBLE AS A MOISTURIZER

Serums are usually water-based, which makes them lighter than moisturizers, and some contain the same key ingredients (glycerin, silicones). So if you have oily skin, you might not need an additional cream. But if your skin is dry, spring for a separate moisturizer for extra hydration—just be sure to apply the serum first to let the active ingredients sink in.

SKIN 101

YOUR SKIN-CARE PYRAMID

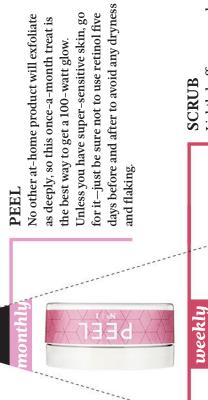
Use this...

> and the best way to a younger-looking you-are here beauty routine what the food pyramid did for the it possible to exfoliate too much? Those answers-Should you really wash your face twice a day? Is in our derm-approved guide. It will do for your American diet: Clear up the confusion!

BY SARAH WEIR PHOTOGRAPHED BY CHRISTOPHER COPPOLA

NEED TO SANDBLAST SKIN TO MAKE MASSAGE GENTLY-YOU DON'T

YOUR SCRUB WORK.



SCRUB

Lightly buff away rough surface skin once that's enough: More often could compromise your skin's protective outer barrier. week to improve tone and help other skin-care products sink in deeper. But

MASK

brighten skin, or just deeply moisturize, it's a once-a-week skin booster. If over-Whether you want to sop up excess oil, there's a mask that can help. But again, used, hydrating masks can clog pores, while clay masks can dry out skin.

ี่ 2 เรา

every other day

RETINOL LESS EFFECTIVE, SO ALWAYS USE IT AT NIGHT. **UV RAYS CAN MAKE**

RETINOL

This proven anti-ager can irritate if you slather it on willy-nilly. Use a pea-size drop then increase frequency as your skin adjusts Retinol newbies: Start with once a week, every other day to fight lines and spots. to the vitamin-A derivative.

ANTI-AGING

skin ingredients, most serums are gentle enough to use Packed with goodday and night.

EYE CREAM

The thin skin around the eyes has few oil glands, so it needs a twice-daily dose of moisture and age fighters.

SUNSCREEN

One A.M. application won't cut it, since rays can sneak through windows. Reapply by midafternoon.

once daily **NEARLY ALL SKIN TYPES NEED DAILY MOISTURE.**

Suds up at night to

CLEANSER

rinse away grime.

Also do an A.M.

cleanse if you have

oily or acne-prone

skin; if not, just

splash with water.

Use this to whisk

TONER





MOISTURIZER

MOISTURIZER

dry, one nightly dose keeps skin hydrated. Unless your face is





IF YOU'LL BE OUTSIDE

ALL DAY.

EVERY 90 MINUTES

REAPPLY SUNSCREEN



NSCREEN

cleanser left behind. away any excess oil or makeup your

SOOCSTUIFF PRODUCTS, PROMOTIONS & EVENTS



Skinfix

It's a fact...Diabetes can cause dry, irritated skin all over the body. The Skinfix Diabetic skincare collection is dermatologist recommended and is formulated with natural ingredients that immediately moisturize, soothe and protect to keep skin healthy. Available exclusively at Rite Aid.

riteaid.com





2 Eucerin

Eucerin In-Shower Body Lotion leaves no greasy residue, letting you get dressed immediately. So moisturize in the shower with a fragrance-free formula that's enriched pro-vitamin B5

eucerinus.com





6 Life Extension®

Advanced Anti-Adipocyte Formula fights fat with science by combining dual-extract Meratrim® formula with Integra-Lean® African Mango Irvingia. Save 50%: \$19.50 + FREE S&H in the contiguous U.S.

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PHOTOGRAPHED BY CHRISTOPHER COPPOLA

Blemish" ju

It almost seems like it happens overnight. As you stare in the mirror one morning, you notice a patch of skin on your face that looks a little...darker. Is it a freckle? Is it an age spot? Is it your bathroom lighting? Dark spots happen when skin cells called melanocytes produce excess pigment, usually because of too much sun exposure. After enough damage, those cells keep churning out pigment, even when you're no longer in the sun. Up pops a spot.

Wear sunscreen and problem solved, right? It's not so simple. Recent research suggests that other factors—the polluted air around us, the lighting in our homes and offices—can also make melanocytes go haywire. "This means our skin is more vulnerable to spots than we thought, and it's not enough just to protect yourself from the sun," says Patricia Farris, M.D., a clinical associate professor of dermatology at Tulane University Medical Center in New Orleans. So what can you do? First step: Learn what causes discoloration. Then follow our pro-approved plan to get even and stay that way.

SKIN SMARTS



Identify the culprits so you can stop new ones from cropping up.

• You're surrounded by lots of light

The sun's UV rays are the number one offender, but experts now say that other kinds of light, including infrared rays (what we experience as heat from the sun) and visible light (from indoor fluorescent lights, computers, smartphones, and TV screens) can also rev pigment production. "Infrared light penetrates deeply into skin, prompting cell damage," says Farris. Your skin responds by cranking out more pigment, especially if you have a darker complexion, new research shows. (You can protect yourself against both wavelengths—more on that later.)

• You live in an urban jungle

Head's up, city-dwellers! Women who were exposed to a lot of traffic-related pollution had 20% more dark spots on their forehead and cheeks than those who weren't, says a study in the Journal of Investigative Dermatology. It's concerning news, since more than

80% of us in this country now live in larger cities. "Researchers think that the exhaust from cars and industry releases nanoparticles tiny enough to penetrate the skin," says Zoe Draelos, M.D., a consulting professor of dermatology at Duke University in Durham, NC. Those particles may damage pigment-making cells, leading to spotting.

• Your hormones are acting up

Any boost in estrogen or progesterone that you get from birth control pills, hormonal IUDs, hormone replacement therapy, or during pregnancy can result in patchy, grayish-brown discoloration across your face or above your upper lip when you go out in the sun. It's a condition known as melasma. "Some women will even get dark patches when they're menstruating," says Draelos. Pigment cells usually calm down once you stop using the Pill or after you've given birth. If switching your birth control method isn't an option, sun protection is especially crucial, she says.

• You've been roughing up your skin

Have you ever popped a monster pimple or plucked a brow hair only to be left with a dark spot that lingers for months? It happens when skin cells produce extra melanin because of inflammation, a reaction that's more common in darker skin tones, says Farris. Anything that irritates skin—acne, aggressive exfoliation, plucking hairs, insect bites, and skin services such as laser treatments—can leave brown marks. Some of them may fade, but it can take months. Read on for solutions that will speed up the process.

YOUR PLAN FOR EVEN SKIN

These simple steps will send your spots packing (you'll fight wrinkles and brighten skin, too).

• Take a topical approach

Brightening treatments work either by breaking down existing pigment or throwing a wrench into some part of the pigmentation process so new spots never hit the surface. The most effective ingredient, say our derms: hydroquinone. Smooth it on in the morning to block the main enzyme that amps up pigment, says Dana Sachs, M.D., a professor of dermatology at the University of Michigan. Try (1) Ambi Fade **Cream** (\$6, drugstores). At night, use a cream with

anti-agers such as retinol and peptides. "Retinol speeds up cell turnover to fade spots on the surface, and peptides shut down the pigment-making process," says Joshua Zeichner, M.D., director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York. We like (2) StriVectin Advanced Retinol Intensive Night Moisturizer (\$112, Macy's), which combines retinol with copper tripeptides, found in your body naturally. (Once spots fade, stop using hydroquinone, but continue using that retinol to keep 'em gone.) A one-and-done option: prescription Tri-Luma, which combines a retinoid, hydroquinone, and a mild topical steroid. With all topical treatments, it can take up to four months to see a change.

• Step up sunscreen

For spots, some screens trump others. Our experts recommend a zinc oxidebased product (with at least SPF 30) like (3) SkinMedica Total Defense + Repair Broad Spectrum Sunscreen SPF 34 (\$65, skin medica.com) or (4) EltaMD Skin Care UV Daily **Broad-Spectrum SPF 40** (\$26. dermstore.com). Use a brush-on block like (5) Mineral Fusion SPF 30 Brush-On Sun Defense (\$20, mineralfusion.com) for regular touch-ups, since



SKIN SMARTS



it's important to keep yourself protected from morning until evening. Why is zinc better than chemical sunscreens when it comes to spot prevention? "It protects against the full light spectrum, including UVA and UVB rays, as well as infrared and visible light," says Farris. Plus, says Draelos, zinc reflects the sun's rays while chemical sunscreens absorb them and convert them to heat within the skin, which can lead to more spots. So make zinc part of your daily skincare routine-because you might be super diligent with

the treatment products, but just one day outside without SPF could bring you back to square one.

• Wear your antioxidants

Even the best sunscreen can't shield your skin from pollution—that's where antioxidants come in, says Farris. These products stop free radicals (unstable molecules that can damage skin cells) before they can cause problems, whether they're brought on by light or pollution, she says. Dermatologists like triedand—true skin defenders such as vitamins C and E, resveratrol, ferulic acid, and

What sunscreen won't protect you from? Pollution. For that, you need antioxidants.

niacinamide. If you can get a few of them in one bottle, even better: Studies have shown that antioxidants are more potent when cocktailed together. Two good options: (6) SkinCeuticals C E Ferulic Combination Antioxidant Treatment (\$162, skinceuticals.com) and (7) Ole Henriksen Truth Serum Collagen Booster (\$48, Sephora). Apply in the morning before putting on your sunscreen.

• Exfoliate (but gently)

Can you possibly scrub off spots? To some extent, yes, says Draelos: "When you exfoliate, you scrape off the dead surface cells that contain pigment, so those spots will appear lighter." Before you go at your face with a Brillo pad, remember that rough scrubbing can lead to skin inflammation and more dark patches. Use a soft touch: Slough once weekly with an alpha hydroxy acid such as glycolic or fruit acid (not scratchy fruit pits or granules). Try (8) Paula's Choice Skin Perfecting 8% AHA Gel (\$28, paulaschoice.com). If your skin is too sensitive for acids, use your basic cleanser with disposable textured cotton rounds or a washcloth, says Draelos. "That way, you can control how hard you rub."

Go pro

Stubborn spots? It's time to turn the treatment up a notch. Your dermatologist can do an in-office chemical peel to give skin a deep exfoliation and slough off spots. "In my practice, we do a series of three to seven peels spaced out every two to four weeks," says Sachs. The cost is typically around \$200 per treatment. "If you want even faster results, that's where lasers can be effective," she adds. "They destroy pigment." The Pico-Way recently received FDA approval for pigmented spots on all skin types (newsy because some lasers can actually cause more spots in darker skin tones). The brown spot will darken and then, after a couple of days, flake off. The price of each session ranges between \$450 and \$750 and should treat your entire face. Most women require one or two, spaced three to four weeks apart. And that, ladies, is how you get out those damned spots. ■



INTRODUCING EUCERIN IN-SHOWER BODY LOTION

It leaves no greasy residue, letting you get dressed immediately. So moisturize in the shower with a fragrance-free formula that's enriched with pro-vitamin B5.



Wash off your shower gel



Apply In-Shower



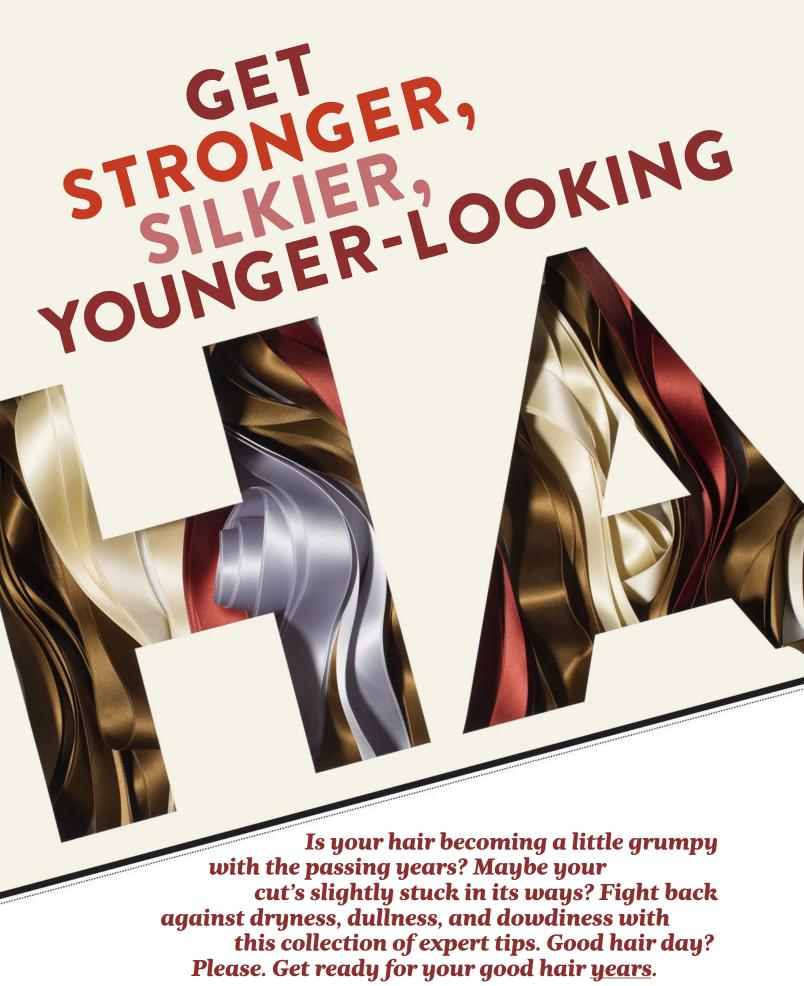
Body Lotion dry off and go!

See back of bottle for full usage instructions.

Avoid applying to bottom of feet. Thoroughly clean tub/shower with hot water after usage to remove residue and avoid slipping.



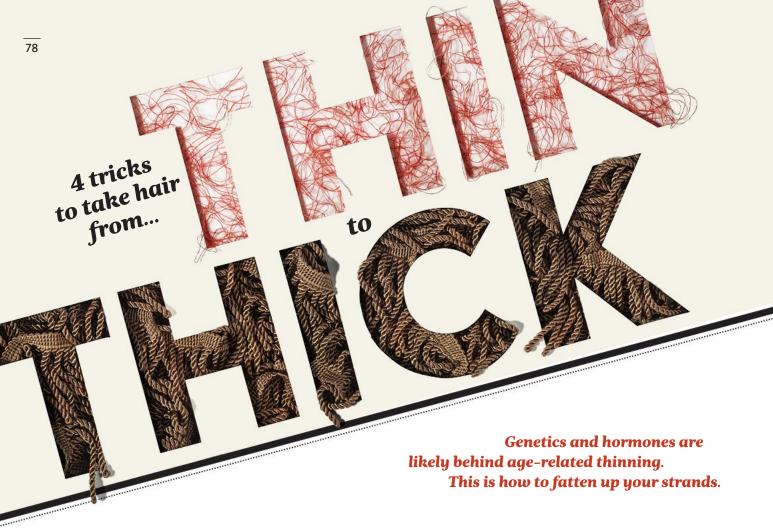
Skin Science That Shows.





solving products, and tips celebrity stylists use on themselves (they have off days too). After you're done with our root-to-tip guide, you may not even recognize your own hair...in the best way possible.

DROZTHEGOODLIFE.COM



Use the right shampoo and conditioner.

Look for volumizing formulas such as **Fekkai Full Blown Volume Shampoo and Conditioner** (\$20 each, fekkai.com), which are lightweight enough to cleanse and nourish your hair without weighing it down. "These products typically contain ingredients that bond to hair to thicken it up and plump strands from the inside," says cosmetic chemist Jim Hammer. Worried that conditioner will weigh your hair down and make it look flat? Simply smooth it on from midshaft to the ends, where your hair needs nourishment and moisture most.

Steal a classic stylist move.

There's a simple trick that will take your hair to new heights—literally—and it's using rollers. "Blow-dry an inch-wide section of hair and wrap it around a large Velcro roller, pinning it in place," says stylist Nathaniel Hawkins. Repeat this process with the rest of your hair, and let it cool down as you zip through the rest of your morning routine, then take the rollers out. Don't worry; you will not look like Shirley Temple. But do run a paddle brush through your hair to soften any tight curls before heading out the door. We also like **Goody Start Style Finish Self-Holding Rollers** (\$12, Target).

LONG

11 HAIRCUTS THAT MELT AWAY THE YEARS

Starting with longer styles because, trust us, length can be youthful if cut right.

FLOWING WAVES

To create this cascading effect, ask your stylist to snip in layers that start past your chin. The length will give you loose waves instead of curls.



SOFT & STRAIGHT

Layers that start off framing the face and get longer in back add movement. Your stylist can vary their placement for a piecey effect.



YOUR 3-STEP PLAN FOR GORGEOUS GRAYS

Silvery strands are so striking, especially when you take care of your hair. Using a clear gloss once a week is key—try **1. John Frieda Luminous Glaze Clear Shine Gloss** (\$10, drugstores)—for shine but no color. Also, invest in the right kind of brush. "A good-quality boar bristle brush will distribute your scalp's natural oils to keep your hair looking glossy," says Hawkins. We like **2. Moroccanoil 25 mm Boar Bristle Round Brush** (\$72, moroccan oil.com). Counteract the yellowing common in gray hair by washing with a violet shampoo such as **3. Aveda Blue Malva Shampoo** (\$36, aveda.com) weekly.



Give minoxidil a try.

If you're still not happy with the fullness of your hair, it might be time to bring in a big gun. Topical minoxidil, one of the only FDA-approved treatments for thinning hair, is an option, says Francesca J. Fusco, M.D., an assistant clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai in New York. "This liquid medication, available over-the-counter, is known to extend the growth phase of your hair and encourage thicker hair to grow," she says. Keep in mind that you need to be committed about using it-minoxidil can take up to four months of regular application to make a noticeable difference (and the results will taper off when you stop the treatment). One to try: Redken Cerafill Retaliate Hair Regrowth Treatment Minoxidil Topical Solution (\$30, ulta.com).

Consider this new tool.

A hair-growing laser may sound like something straight out of *Star Wars*, but low-level light therapy is an FDA-cleared way to treat hair loss, and there's science to back it up. "Some research has shown an increase in hair density in people who've used these therapies," says Galant. Two options to try out in your own bathroom are the **HairMax Ultima12 LaserComb** (\$495, *Neiman Marcus*) and the **Apira Science iGrow Hair Growth System** (\$695, *igrowlaser.com*).

IF YOU COLOR

4 COOL PRODUCTS THAT TOUCH UP ROOTS

Buy yourself an extra week or two between coloring sessions with these ingenious instant fixes.



1. TouchBack Color System (\$20 for both, touchbackcolor.com) Cleanse and condition your hair with one of the four shades of this color-refreshing duo.



2. Joico Tint Shot Root Concealer (\$18, joico .com) The pigment in this point-and-shoot spray adheres to hair for 100% coverage. Comes in four shades.



3. Rusk Deepshine
Touch Up (\$35, style
source.com) Brush one
of the seven shades on
roots to camouflage
them: The color stays
fresh until you wash.



4. Oscar Blandi Pronto Colore Root Touch-Up & Highlighting Pen (\$23, beauty.com) For precision, pick up this fast-drying fine-tip pen (in five shades).

MIDLENGTH

AIRY CURLS >

Ask for short bangs that rest above your brows and layers that are slightly shorter at the crown and on the sides to create a rounded shape.



SLEEK SPIRALS

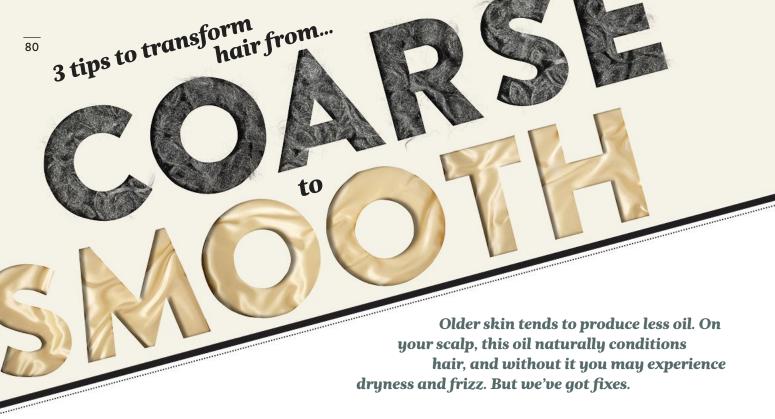
Embrace tight curls with a cut that falls to your shoulders and has all-around layers. This length creates enough weight to keep hair from frizzing.



CAREFREE LOB

A collarbone-grazing length and long layers set off cheekbones while softening the jawline. Your stylist should snip into the ends for a looser feel.





Start treating before you even step into the shower.

There are several ways to moisturize your hair, but a preshampoo oil will actually hydrate thirsty strands the most, says Hawkins. "Run it through your dry hair from roots to tips," he recommends. "The strands will absorb what they need, and then you'll wash away the rest, so there's no residue to weigh hair down." We like **Leonor Greyl Huile de Leonor Greyl Pre-Shampoo Oil Treatment** (\$59, leonorgreyl-usa.com).

Find the right smoothing product.

"One that contains silicones or polymers can fill in the gaps of a damaged cuticle, making hair look shiny and feel more manageable," says Galant. If you're using a smoother before styling with a curling iron or blow-dryer, make sure it protects hair from heat damage (it should say so right on the label). **Pureology Smooth Perfection Intense Smoothing Cream** (\$28, ulta.com) also keeps color from fading.

Swap your flatiron for a gentler one.

It's a frustrating paradox: One of the fastest, easiest ways to get smoother strands is with a few passes of your flatiron, but heat styling at a very high temperature can damage hair and actually bring on more frizziness. That's why stylist Ellen Lawlor suggests trying an iron that conditions with steam in place of your everyday straightening iron. It's able to smooth at a much lower temperature, so you should get similar results with no scorching. Both the Infiniti Pro by Conair Ionic Steam Flat Iron (\$66, walmart.com) and the Hot Tools Cool Tools Vapor Flat Iron (\$90, Ulta) are solid options.

BOB

EASY CHARM ▶

This style has faceframing pieces that start at the cheekbones. Have layers snipped toward your nose so they curl out slightly for a rounded wave.



FLIRTY FLIP >

Long, square layers create a strong shape. Your stylist can texturize the ends by snipping into them to remove weight and make them swingy.



UPDATED CLASSIC ▶

The timeless A-line bob has longer pieces in the front and gets shorter toward the back. This version has sideswept bangs to round it out.



4 GREAT SHINE BOOSTERS





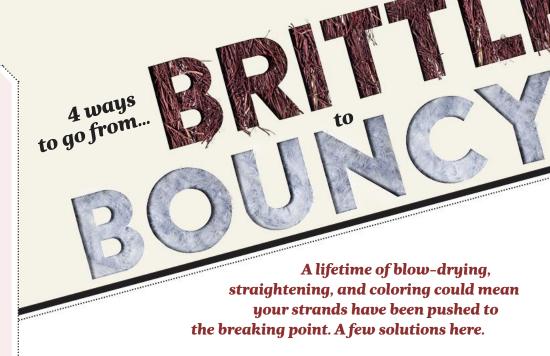
Avoid the pasted-toyour-scalp look with a not-too-heavy styling cream such as **Oribe Supershine Light Moisturizing Cream** (\$49, oribe.com).

If it's thick...

Focusing on your ends, smooth on an oil like Label.M Therapy Rejuvenating Radiance Oil (\$36.50, labelm-usa.com) to instantly add luster.

If it's dry/coarse...

Hydrate with a mask like **Philip Kingsley Geranium & Neroli Elasticizer** (\$52, philip kingsley.com). Let it soak in 10 to 20 minutes before rinsing, or leave on overnight.



Get a protein boost from your shampoo and conditioner.

Look for ones that have keratin in them to strengthen hair, recommends Tippi Shorter, a global artistic director for Aveda. We like **Suave Professionals Keratin Infusion Smoothing Shampoo and Conditioner** (\$2.50 each, drugstores). "You may find that keratin products make your hair stiff—if that's the case, use them hand in hand with an oil treatment or mask to make sure your hair is still soft and touchable," Shorter says. If you have particularly coarse hair or you chemically relax it often, Shorter recommends using the oil every time you lather up.

Style the smart way.

Hair is most brittle from midshaft to end, since that's the oldest part and has endured the most damage since your last

cut, says Shorter. "If you flat-iron, do a first pass from root to midshaft only, and a second from root to tip, so the most fragile hair is exposed to the heat only once," she says.

Switch to silk or satin.

Whether it's a hair bonnet, rollers, pillowcases, or hair ties, make sure they're made out of one of these soft, hair-friendly materials. "Cotton actually absorbs moisture from your hair and will cause friction, which leads to breakage," says celebrity stylist Kim Kimble.

Lay off the heat.

Take a breather from your blow-dryer, curling iron, or straightener, Kimble suggests, and try a hairstyle that looks great without any help from a styling tool. "Twists, box braids, or buns look chic and don't require the heat" she says.

SHORT

LONG PIXIE

Ask for shaggy layers that can be pushed behind the ears. The back should be even with your jawline, with razored edges so it's not heavy.



CHUNKY CROP ▶

Have your stylist cut deep V's into the 3-inch layers on top. Keep the hair in front of your ears trimmed and the back layered and close to your head.



ALWAYS IN STYLE ▶

Long, rounded layers combined with face-framing pieces that start at the corners of your mouth give this shorter do a soft but very sophisticated feel.





LIME-YOGURT DRESSING

Mix a scant ½ cup Greek yogurt with ¼ tsp ground cardamom, zest of ½ lime, 1½ tsp lime juice, ½ tsp coarse salt, and a grind of pepper. Drizzle over roasted veggies (like

(adapted from NOPI, by Yotam Ottolenghi and Ramael Scully, Ten Speed Press)

OZ NEWS: FOOD

Veggies Need This!

around the produce aisle. For proof, thumb through his newest cookbook, NOPI, cowritten with chef Ramael Scully. It's a veggie-centric stunner packed with exciting recipes. One standout: this tangy dressing. Drizzle it over squash and all the other veggies you roast up this fall and winter.

New, Nourishing Ideas

A Snackable Way to Go Bananas

Bare's new guiltfree chips are made of thin banana slices. That's it—just banana-baked to crunch. Also try the cocoa or cinnamon flavors, with a dash of organic spices.

(Available at Target, \$4 per bag)





kitchen assistant

THIS IS **BASICALLY AN IN-HOUSE BARISTA**





It seems like there's another study every day linking coffee to health benefits—and the java fiends at the Oz offices certainly aren't complaining. Hey, the research justifies splurging on Ninja's cool new Coffee Bar. Beyond the usual stuff, it makes an iced coffee that's chug-ably delicious, plus a superconcentrated brew that packs the same flavor punch as espresso. (Hooray, lattes without spendy coffee shop trips!) And it's so easy to use—like, "press a button, walk away" easy. (\$160, ninjakitchen.com)



How to Waste Less, Deliciously You'll learn that and more in Susan Rockefeller's film Food for Thought, Food for Life (October 24, watch at foodforthoughtfilm.com). Farm-to-table guru Dan Barber makes a cameo; we love his recipes for veggie scraps, like his radish-top salsa verde (blend tops, garlic, olive oil, and capers) and carrotpeel chips (blanch peels for 1 to 2 minutes, then bake on a parchment-lined baking sheet at 225°F until crisp).



study buzz

EAT WELL + SLIM DOWN? YES, POSSIBLE

Call it the Dare Yourself Diet. A new Cornell University study found that women who ate adventurously—meaning a wide variety of uncommon foods-weighed less than folks with more conventional diets. "It's almost like their eating patterns are linked to a greater curiosity and love of life, and those qualities manifest in healthy ways, like enjoying cooking more," says study coauthor Brian Wansink, Ph.D., also author of Slim by Design. If you're stuck in a buttered-noodle rut, Wansink advises trying a new food every two weeks (a palate expander!), whether that means ordering olives on your pizza for the first time or getting brave with one of the unobvious produce picks at right.

VEGGIES WORTH TRYING...

Jerusalem artichokes

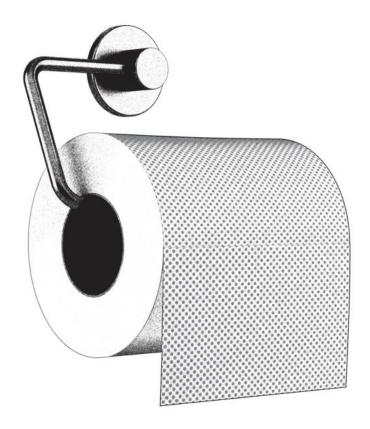
> **Hearts** of palm

Endive

Celeriac

Salsify

Kohlrabi



STARTA MOVEMENT.

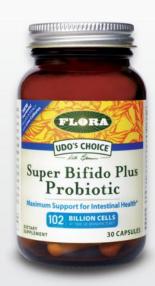
STAND WITH SUPER BIFIDO PLUS AND SUPPORT COLON HEALTH.

It is time to take a stand against gas, bloating, and constipation.* We understand that sometimes the going gets tough, but Super Bifido Plus, with its 102 billion activists (aka "colony forming units") are here to support you. Super Bifido Plus will support your movement and provide maximum support for your cause...that is, relief from occasional constipation or irregularity.* This high-potency formula has a balanced combination of bifidobacterium and lactobacillus strains to help get your tracts back on track.* So when the going gets tough, take a stand with Super Bifido Plus.



WWW.FLORAHEALTH.COM | FIND AT: Whole Foods WHOLE Locate a store near you. & other natural food stores. FOODS







With football season comes major snacking, and this team of dips offers delicious hits of health-boosting nutrients. One note: A winning serving size is 2 tablespoons—closer to the size of a golf ball than a football. Now grab a first-round pick.

BY TERESA DUMAIN
PHOTOGRAPHED BY JEFF HARRIS



HUMMUS

With every dunk, you get a satisfying combo of fiber, healthy fats, and protein—all courtesy of chickpeas and tahini (a paste made from sesame seeds). Not only does hummus deliver energy, it also helps keep you fuller on less. Good thing, since this dip can be calorie dense, at about 50 cals per 2-tablespoon serving. Flavored-up versions are a good bet too—as long as they're the veggie-centered ones (spinach, red pepper, tomato), which dole out an added shot of antioxidant goodness.



Some of these dips star pintos.
Others are made with black beans.
Either way, you score. Both beans are up there in antioxidants, and when mixed into dips, offer a little bit of filling fiber for not too many calories—about 35 per serving.



OUR TOP PICK!

TOMATO SALSA

This classic gets the gold star for all kinds of reasons: It's made almost entirely of veggies and provides a nice amount of vitamins A and C, as well as the antioxidant lycopene. Best of all, a serving will cost you just 10 or so little cals. The one spot to watch is sodium: Jarred salsas tend to have more salty stuff than fresh ones sold in the refrigerated aisle. (For the same reason, not-too-salty homemade salsa gets a high fivesnack away on a whole cup!) Wondering about green salsas? They're well worth a scoop, with similar cals and more vitamin C.





GUACAMOLE

Avocado has nearly 20 vitamins and minerals and legit heart-healthy fat credentials. (And did we mention its potential cholesterol-cutting power?) Despite its high-cal reputation, guac is not too far off from many in the gang here, at around 50 cals per serving. The trick to reaping all of the nutritional good stuff? Make sure avocado is first up on the ingredients list, followed by a handful of others you recognize, like onions.



tiny recipe DIY SPINACH YOGURT DIP

Craving something creamy? Try this healthified one:

Blend one 6-oz container plain 2% Greek yogurt, 1 cup baby spinach, 2 chopped scallions, ½ tsp coarse salt, and the juice of ½ lime in a food processor or blender until smooth.

18 cal per 2 Tbsp



dunk these

Of course we want you to scoop up your dip with veggies—but why not branch out from the usual suspects (no offense, baby carrots)? Other surprising champions of crunch include:

Rutabaga (raw or blanched—i.e., boiled until crisp-tender)

Endive spears

Green beans (blanched)

Radishes

Sugar snap peas

Asparagus (blanched)

Jicama sticks

Or these, all great raw:

Kohlrabi

Turnips

Swiss chard stems

Butternut squash

Bok choy

TZATZIKI

Say it with us: tzah-TZEE-kee. Usually made with some combination of yogurt, cucumbers, and herbs, this dip will earn you about 2 grams of satisfying protein per serving, plus a shot of calcium. Calories can be about 40 per serving but may bounce around depending on addins. (As always, scout out brands that keep the ingredients simple.)





BLACK BEAN AND CORN SALSA

The beans bring fiber to the party, the corn may help promote healthy vision, and together this duo provides all nine essential amino acids—the kind your body can't make but can only get from food.

Calories are just a tiny bit higher than for standard salsa, at about 20 per serving. Here, too, you'll want to look for brands that go easy on the sodium (less than 200 mg a pop).

Eat Like Dr. Oz at a...

SANDWICH SHOP

Sure, you're bound to find a wicked 'wich or two on the menu at your favorite sandwich spot. (You might even catch me eating one when I'm visiting my wife's hometown. It's just not a weekend in Philly without a hoagie!)

But this lunch staple is easy to customize in a healthy direction.

Order your next sammie the Oz way.

Go for a 6-inch sandwich, at least. A tiny half 'wich may not satisfy.

PHOTOGRAPHED BY JEFF HARRIS

CONSIDER THE MEATBALL

And the low-sodium ham, for that matter. I wouldn't choose them for lunch every day, but they're not a diet disaster. Enjoy them with loads of fresh veggies.





Meat prepped that way beats a processed cold cut. (I'd choose roast beef over salami any day.) Chicken and turkey are my go-tos.



GO WITH THE GRAINS

I always opt for whole-grain bread. It's packed with fiber, which helps you feel full. Fiber's also been linked to lowered cholesterol.







DOCTOR'S A.C.L.T. avocado

ORDERS

Consider these combos Ozapproved. Plop 'em onto whole-grain bread and pile the veggies sky-high.

lettuce tomato mustard salt & pepper

600

grilled

chicken

Veggie Xtreme

bell, banana, or jalapeño peppers cucumbers

tomato red onion provolone

oil & vinegar

Meatball 2.0

meatballs tomato sauce

> sweet peppers

olives spinach

Italian seasoning

SAY CHEESE My calorie-cutting

trick? I opt for meat or cheese-not both. Most cheeses are on a par, nutritionally, so get your favorite and stick to two slices.

VEG OUT

When it comes to veggies, I say the more, the merrier-heck, just throw a whole salad on there. (So what if you need a fork to eat it?)

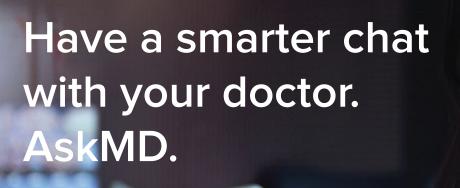


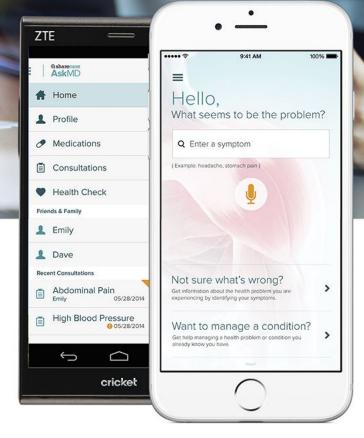
DRESS IT UP

Good news: A spoonful of mayo is OK! Also on my yes list: oil, vinegar, and all kinds of mustard.

BLAST THE HEAT Hot peppers add

tons of flavor for not a lot of cals. But pickling can sneak in sodium, so keep it to just one kind.







AskMD is more than just a symptom checker. This award-winning app helps you find out what's possibly causing your symptoms and prepares you to have a better doctor visit.

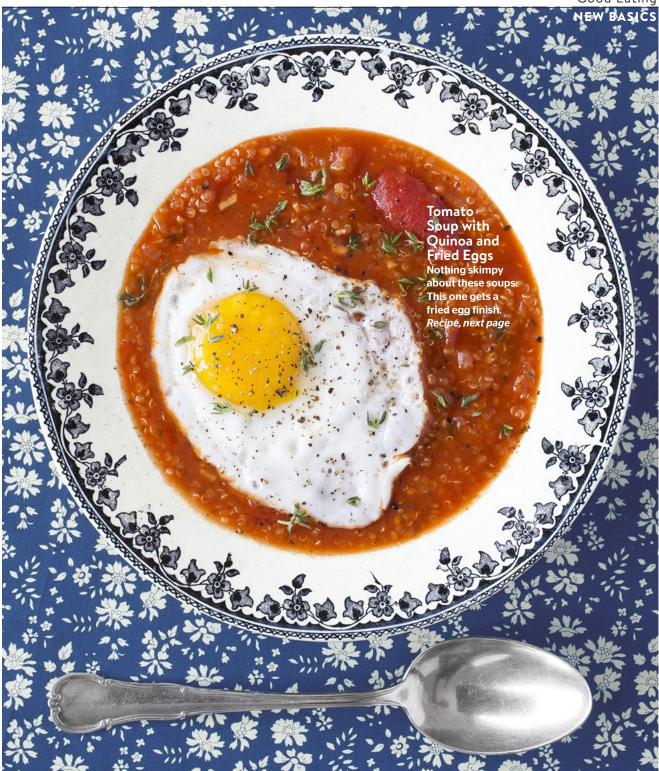
With AskMD, you can create multiple profiles to manage your entire family's health, find a local doctor, and ultimately get healthier - right on your mobile device or on Sharecare.com.

Get better care. AskMD°

Find out more at www.sharecare.com/askmd







IT'S A SOUP! IT'S A MEAL! IT'S SUPERSOUP!

These filling fusions are packed with everything your body craves, from power greens to great grains and lean proteins. Best of all, they're simmered up and scrumptious in about 30 minutes.

RECIPES BY LORI POWELL PHOTOGRAPHED BY BURCU AVSAR

NEW BASICS

Dinner in a bowl? Yes!
We crammed lots of veggies and protein into these soups to fill you up on few calories. Just round the meal out with a slice of whole-grain bread, a handful of tortilla chips, or a thrown-together salad.

Tomato Soup with Quinoa and Fried Eggs

 $\begin{array}{l} \text{Prep 10 min} - \text{Cook 35 min} \\ \text{Serves 4} \end{array}$

- 2 Tbsp plus 1½ tsp olive oil
- 1 large onion, coarsely chopped
- 2 large garlic cloves, finely chopped
- 1 Tbsp chopped thyme, plus more for garnish
- ½ tsp coarse salt
- 1 (28-oz) can whole peeled plum tomatoes with juice
- 2½ cups low-sodium chicken or vegetable broth
- 2 Tbsp tomato paste (preferably no-salt-added)
- 1½ cups cooked quinoa (from about ½ cup uncooked)
- 4 large eggs Hot sauce, for drizzling

HEAT 1 Tbsp oil in a large saucepan over medium heat and cook onion, garlic, thyme, and salt until onion is softened, about 3 min. Add tomatoes with their juice, broth, and tomato paste and bring to a boil. Reduce heat and simmer, breaking up tomatoes with a spoon, 20 min. Stir in quinoa.

HEAT remaining Tbsp plus 1½ tsp oil in a large nonstick skillet over medium heat. Fry eggs to desired doneness, 3 to 5 min.

LADLE soup into bowls and top with eggs and hot sauce. Garnish with more thyme.

330 cal, 16 g fat (3 g saturated), 15 g protein, 31 g carb, 9 g sugar, 5 g fiber, 903 mg sodium, 186 mg cholesterol **per serving**





super boost

TOSS IN SLICED
BRUSSELS SPROUTS
WITH THE POTATO—
OR ADD SPINACH
WHEN YOU STIR IN
THE BEANS.

Black Bean and Veggie Soup

Prep 15 min — Cook 30 min Serves 4

- 2 Tbsp olive oil
- 1 sweet potato, peeled and diced
- 1 onion, finely chopped
- 2 large garlic cloves, finely chopped
- 1 Tbsp chili powder
- 1/2 tsp coarse salt
- 4 cups low-sodium chicken or vegetable broth
- 2 (15.5-oz) cans black beans, rinsed and drained
- ¼ cup grated cheddar cheese Toppings: 1 avocado, diced; sliced radishes; cilantro

HEAT oil in a large saucepan over medium heat and cook potato, onion, garlic, chili powder, and salt, stirring occasionally, until fragrant, about 4 min.

ADD broth, and bring to a boil. Reduce heat and simmer until potato is tender, about 15 min. Stir in beans and simmer until heated through, about 5 min.

LADLE into bowls and top each with 1 Tbsp cheese. Top with avocado, radishes, and cilantro. 411 cal, 18 g fat (3 g saturated), 16 g protein, 54 g carb, 9 g sugar, 19 g fiber, 969 mg sodium, 7 mg cholesterol per serving



NEW BASICS



Salmon and Corn Chowder

Prep 20 min – Cook 25 min Serves 4

- 3/4 lb skinless center-cut salmon fillet
- ½ tsp coarse salt Pepper
- 2 Tbsp olive oil, plus more for foil
- 4 leeks, white and pale green parts only, chopped and rinsed well
- 8 oz baby or small new potatoes (about 10), cut into pieces
- 4 cups 2% milk
- 2¾ cups corn kernels, fresh (about 4 ears) or thawed frozen
- ¼ cup chopped basil and/or chives

HEAT broiler. Season salmon with ¼ tsp each salt and pepper. Broil on a lightly oiled foil-lined baking sheet 6 inches from heat until cooked through, 6 to 8 min. Break into bite-size pieces.

HEAT oil in a large saucepan over medium heat. Cook leeks with remaining ¼ tsp salt, plus pepper to taste, until tender, about 4 min. Add potatoes and milk. Bring to a boil. Reduce heat and simmer until potatoes are just tender, about 10 min.

STIR in corn and salmon. Simmer until corn is tender, 4 min. Stir in half of herbs; just before serving, top with remainder.

439 cal, 16 g fat (5 g saturated), 30 g protein, 46 g carb, 19 g sugar, 3 g fiber, 423 mg sodium, 59 mg cholesterol **per serving**



kick it up

GARNISH EACH SERVING WITH A CRUMBLED STRIP OF BACON—OR SPRINKLE WITH SMOKED PAPRIKA.

Turkey Soup with Super Greens

Prep 20 min – Cook 35 min Serves 4

This is a great way to use the last of the Thanksgiving bird.

- 3 Tbsp extra-virgin olive oil
- 2 large onions, halved and thinly sliced
- 1 tsp coarse salt
- 6 cups coarsely chopped kale (from about 12 oz, stems and ribs removed)
- 10 cups baby spinach (two 5-oz clamshells)
- 3 large garlic cloves, minced
- 1/4 tsp red pepper flakes
- 4 cups low-sodium chicken broth
- 1/4 cup plus 2 Tbsp grated Parmesan cheese
- 2 Tbsp lemon juice
- 2 cups shredded cooked turkey (skin removed)
- 4 slices whole wheat baguette

HEAT oven to 375°F. Heat 2 Tbsp oil in a large pot over mediumhigh heat. Add onions and salt and cook, stirring, until onions are golden brown, about 8 min. Stir in kale and spinach by the handful (let each batch wilt before adding the next), garlic, and red pepper flakes. Cook, stirring, 5 min. Add broth and 2 Tbsp Parmesan and bring to a boil. Reduce heat and simmer, 10 min.

IN batches, puree soup in a blender with lemon juice until just smooth. Return to pot. Stir in turkey. Bring to a simmer over medium-high heat.

SPRINKLE bread with 2 Tbsp Parmesan. Bake on a baking sheet until golden brown.

LADLE soup into bowls and top with toasts. Sprinkle with remaining 2 Tbsp Parmesan; drizzle with remaining Tbsp oil.

424 cal, 18 g fat (4 g saturated), 35 g protein, 34 g carb, 7 g sugar, 7 g fiber, 956 mg sodium, 77 mg cholesterol **per serving** ■



Whenever I hear from you, I learn so much about what it means to live the good life. So keep sharing!"

Mehmet Oz, M.D.



 $\label{thm:com} \mbox{Visit } \textbf{www.NovemberSurvey.DrOzTheGoodLife.com} \mbox{ to get started}.$









GARLICKY POTATO AND CAULIFLOWER MASH

Prep 15 min — Cook 1 hr Serves 8

Boiling the potatoes in their skins makes them a cinch to peel—the skin comes right off in your hands.

- 2 large heads garlic
- 2 tsp olive oil
- 1 lb russet (baking) potatoes (2 to 3), halved crosswise
- 13/4 tsp coarse salt
- ½ head cauliflower, cut into florets (about 4 cups)
- 1 cup low-fat buttermilk
- 3 Tbsp unsalted butter
- 1/4 tsp pepper
- 1 Tbsp chopped chives

HEAT oven to 375°F. Place garlic heads on foil. Drizzle with the oil. Wrap loosely, and roast on a baking sheet until very soft, 45 min to 1 hr. Let cool slightly.

WHILE garlic roasts: Cover potatoes with water by about 2 inches in a large pot. Add ½ tsp salt and bring to a boil. Reduce heat and simmer until potatoes are tender when pierced with the tip of a knife, about 25 min. Drain, then peel potatoes when cool enough to handle. Run potatoes through a ricer or mash with a potato masher. Tent with foil to keep warm.

STEAM cauliflower in a steamer basket set over 1 inch of boiling water until tender, 8 to 10 min. Pulse in a food processor or blender with buttermilk and 2 Tbsp butter until very smooth. Fold into potatoes.

SQUEEZE roasted garlic out of skins into a bowl, and mash with a fork into a puree. Stir into potato mixture with remaining 1¼ tsp salt and the pepper. Sprinkle with chives and top with remaining Tbsp butter.

125 cal, 6 g fat (3 g saturated), 3 g protein, 16 g carb, 3 g sugar, 2 g fiber, 409 mg sodium, 13 mg cholesterol **per serving**

STUFFED ACORN SQUASH WITH FARRO

Prep 30 min — Cook 1 hr 30 min Serves 8

These squashes double as a main course for vegetarians. They can be filled two days ahead and then baked before the feast.

- 5 acorn squashes, halved, seeds removed
- 2 Tbsp extra-virgin olive oil, plus more for drizzling
- 1 tsp coarse salt
- 1/2 tsp black pepper
- 10 oz white button mushrooms, trimmed and sliced (4 cups)
- 1 large onion, diced
- 1 Tbsp chopped rosemary
- 4 cups chopped Tuscan kale (stems and ribs removed)
- 3 cups cooked farro
- 1¼ cups crumbled fresh goat cheese (6 oz)
- 1 Tbsp chopped parsley Red pepper flakes, for sprinkling

HEAT oven to 375°F. Drizzle squashes with 1 Tbsp oil and season with ½ tsp salt and ¼ tsp black pepper. Arrange, cut sides down, on 2 rimmed baking sheets. Pour ¼ cup water into each sheet. Bake until just tender, 25 to 45 min. Remove from oven but leave oven on.

TURN squashes over and let cool. Scrape flesh from 8 halves into a bowl with a fork, leaving a wall at least ¼-inch thick. Scrape remaining 2 halves completely and discard shells.

HEAT a large nonstick skillet over medium-high heat with remaining Tbsp oil. Cook mush-rooms, onion, and rosemary, stirring, until onion is soft, about 6 min. Add kale and cook until wilted, 1 to 2 min. Stir in farro and squash flesh. Season with remaining ½ tsp salt and ¼ tsp black pepper. Remove from heat. Fold cheese into filling.

DIVIDE among 8 shells and bake on rimmed baking sheets until golden, 35 to 45 min.

DRIZZLE with oil and sprinkle with parsley and red pepper.

309 cal, 9 g fat (4 g saturated), 11 g protein, 51 g carb, 1 g sugar, 8 g fiber, 363 mg sodium, 10 mg cholesterol **per serving**



Even stuffing can get an extra plant boost. Fennel ups the flavor on this one—bulb on the inside, fronds on top!

WHOLE WHEAT STUFFING WITH FENNEL

Prep 30 min — Cook 55 min Serves 8 to 12

This is an instance where it's better not to use low-sodium broth—the recipe doesn't call for added salt.

- 1/4 cup olive oil, plus more for baking dish
- 4 garlic cloves, finely chopped
- 1 large fennel bulb, coarsely chopped, fronds reserved
- 1 large onion, diced
- 4 celery stalks, diced
- cup packed parsley leaves, finely chopped

- 1 Tbsp thinly sliced sage
- ½ cup dried cherries
- 3/4 tsp pepper
- 8 cups 1-inch whole wheat bread cubes (from about 1½-lb loaf, bottom crust trimmed), dried
- 2 cups chicken or vegetable broth, plus more as needed
- 2 large eggs, lightly beaten

HEAT oven to 375°F. Oil a large (3-quart) baking dish.

HEAT a large skillet over medium-low heat and add 3 Tbsp oil. Add garlic and cook until golden, 4 to 5 min. Add fennel, onion, and celery. Cook, stirring occasionally, until very soft, 12 to 15 min. Remove from heat. Stir in parsley, sage, cherries, and pepper. Let cool slightly.

MIX well with bread, broth, and eggs. If bread is not well moistened, add more broth, ¼ cup at a time. Bake in dish, drizzled with remaining Tbsp oil, until golden brown, 35 min. Let cool slightly. Garnish with fronds.

223 cal, 9 g fat (2 g saturated), 8 g protein, 28 g carb, 8 g sugar, 6 g fiber, 392 mg sodium, 38 mg cholesterol **per serving**



DR. OZ SAYS...
We've got at least two
vegetarians (and
sometimes several
more) at our table,
but all these veggie
sides make it feel like
a celebration for
them, with or without
turkey.



Poach the pears up to three days ahead. When dessert rolls around, just warm the syrup for drizzling and spoon on the spiced yogurt.



ROASTED BRUSSELS SPROUTS WITH GRAPES

Prep 15 min — Cook 35 min Serves 8

- 1½ lb Brussels sprouts, trimmed and halved
- 3 Tbsp olive oil
- 1/2 tsp coarse salt
- 1/4 tsp pepper
- 3 large shallots, sliced 1/4-inch thick
- 2 cups red seedless grapes
- 1 Tbsp red wine vinegar
- ½ cup unsalted roasted almonds, coarsely chopped

HEAT oven to 425°F. Toss Brussels sprouts with 2 Tbsp olive oil, the salt, and pepper on a rimmed baking sheet. On a separate rimmed baking sheet, toss shallots and grapes with remaining Tbsp oil.

ROAST grapes and sprouts, turning when browned on one side (about 15 min for grapes, 20 min for sprouts), and continue to roast until browned all over, 25 to 35 min total.

COMBINE vinegar with 1 Tbsp water and add to hot baking sheet with the grapes. As it steams, deglaze pan, stirring up browned bits with a wooden spoon. Toss grape mixture and sprouts together, and top with almonds.

149 cal, 8 g fat (1 g saturated), 4 g protein, 17 g carb, 9 g sugar, 4 g fiber, 142 mg sodium, 0 mg cholesterol **per serving**

GREEN BEANS WITH TAHINI DRESSING

Prep 15 min — Cook 5 min Serves 8

1¼ lb green beans, trimmed¼ cup tahini

Juice of 1 lemon (2 Tbsp)

- small garlic clove, mincedtsp coarse salt
- Pinch of cayenne pepper
- 2 Tbsp extra-virgin olive oil
- 1/4 cup red wine vinegar
- 1 large shallot, thinly sliced
- 1/4 tsp pepper
- 2 Tbsp chopped mint
- 1 Tbsp sesame seeds, toasted Sliced radish, for garnish

BRING a large pot of water to a boil. Cook green beans until

bright green and crisp-tender, 2 to 3 min. Drain, and plunge into a bowl of ice water. Once cooled, drain again and blot dry.

WHISK tahini with lemon juice, 3 Tbsp water, the garlic, ¼ tsp salt, the cayenne, and oil.

HEAT vinegar in microwave until hot, about 20 sec. Pour over shallot. Let pickle until cool, about 10 min. Drain.

TOSS green beans with dressing, remaining ¼ tsp salt, the pepper, mint, and seeds. Top with shallot and radish.

109 cal, 8 g fat (1 g saturated), 3 g protein, 7 g carb, 3 g sugar, 2 g fiber, 129 mg sodium, 0 mg cholesterol **per serving**

ROASTED SWEET POTATOES WITH GINGER AND CURRY

Prep 15 min – Cook 50 min Serves 8

- 6 sweet potatoes (about 2¾ lb total), cut into 1½-inch pieces
- 1 (3-inch) piece ginger, peeled and cut into thin matchsticks
- ½ cup orange juice (preferably fresh-squeezed)
- 2 Tbsp olive oil
- 1/2 tsp coarse salt
- 1/4 tsp pepper
- 1 tsp curry powder
- ½ cup pecans

HEAT oven to 425°F. Toss potatoes with ginger, orange juice, oil, salt, pepper, and curry.

Spread out on a baking sheet.

ROAST potatoes, 20 min. Stir, and add pecans. Continue to roast, stirring occasionally, until tender and slightly browned, 20 to 30 min more.

202 cal, 8 g fat (1 g saturated), 3 g protein, 30 g carb, 10 g sugar, 5 g fiber, 201 mg sodium, 0 mg cholesterol **per serving**

RED WINE-POACHED PEARS WITH YOGURT

Prep 15 min plus chilling time Cook 1 hr 15 min Serves 8

For the pears

- 1 bottle (750 ml) dry red wine
- 1/4 cup plus 2 Tbsp honey

- 2 whole cinnamon sticks
- ½ vanilla bean, halved lengthwise
- 4 firm pears (such as Bosc), peeled, halved, and cored
- 2 cups plain 2% Greek yogurt
- 1/4 tsp ground cardamom
- ½ tsp ground cinnamon
- 1 Tbsp honey
- 1/4 cup unsalted shelled pistachios, chopped

COMBINE wine, honey, and cinnamon sticks in a large deep saucepan. Scrape in seeds from vanilla bean with the tip of a knife, then add the pod. Bring to a boil. Reduce heat and gently simmer.

PLACE pears in wine, and place a small pan lid directly on top of the pears to fully submerge them in the wine mixture. Simmer, gently rearranging pears from time to time, until just tender when pierced with the tip of a knife, about 1 hr.

REMOVE from heat and let pears cool in liquid to room temperature. Transfer to a deep bowl, cover, and refrigerate overnight (or up to 3 days).

JUST before serving, remove pears from liquid with a slotted spoon and set aside. Discard cinnamon sticks and vanilla pod. Pour poaching liquid into a saucepan. Bring liquid to a boil and cook until slightly thickened, 5 to 7 min. While liquid cooks, stir yogurt with cardamom, cinnamon, and honey.

DOLLOP each pear half with ¼ cup spiced yogurt. Drizzle with poaching liquid, and sprinkle with pistachios.

163 cal, 3 g fat (1 g saturated), 6 g protein, 29 g carb, 20 g sugar, 4 g fiber, 22 mg sodium, 4 mg cholesterol **per serving**

BUTTERNUT SQUASH PIE WITH POMEGRANATE SEEDS

Prep 25 min plus chilling time Cook 35 min Serves 8 (makes 1 pie)

You can bake the pie up to two days ahead and then garnish just before serving. (Not up for making crust? Use a store-bought 9-inch graham cracker pie shell.) For the crust

About 11 whole cinnamon graham crackers (to yield 1½ cups crumbs)

- 5 Tbsp melted unsalted butter
- 2 Tbsp sugar Pinch of fine salt

For the filling

- 10 oz precut, peeled butternut squash (about 2 cups)
- ½ cup 2% milk
- 2 large eggs, lightly beaten
- 1/3 cup pure maple syrup
- 1 tsp pumpkin pie spice
- 1/2 tsp pure vanilla extract
- 1/4 tsp fine salt
- 2 to 3 Tbsp pomegranate seeds

HEAT oven to 375°F. Crumble graham crackers into a food processor, and pulse until fine crumbs form. Add melted butter, sugar, and salt, and pulse to combine (mixture should resemble wet sand). Press in and up sides of a 9-inch pie plate. Bake until golden, about 8 min. Let cool on a rack.

while crust cools, place squash in a microwave-safe dish. Cover with plastic wrap and poke a few holes in top. Microwave on high for 7 min. Let stand in microwave, steaming until tender when pierced with the tip of a knife, about 5 min. (Heat at additional 2-min intervals if needed.)

PROCESS squash in food processor until smooth. Add milk, eggs, syrup, pie spice, vanilla, and salt, and process to combine well, scraping down sides if necessary. Quickly transfer to a large measuring cup (to keep food processor bowl from leaking), then pour into crust.

BAKE on a baking sheet until center is set, about 35 min. Let cool completely on a rack. Once cool, refrigerate, loosely covered, for at least 1 hour (or up to 2 days).

JUST before serving, sprinkle pomegranate seeds around edge of pie to garnish.

239 cal, 11 g fat (5 g saturated), 4 g protein, 33 g carb, 18 g sugar, 2 g fiber, 264 mg sodium, 67 mg cholesterol per serving ■



ADDICTION IS HOPELESS WITHOUT YOU

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MIND ABUZZ? **GRAB YOUR BROOM** Putting your house in order is good for your head, says

Stephanie Bennett Vogt, author of the new book A Year to Clear: A Daily Guide to Creating Spaciousness in Your Home and Heart. It's full of practical tips like this one: When you're stuck on a problem, break out the broom—sweeping helps re-center you. The repetitive motion quiets your mind by giving you a simple task to focus on, which lets you clear the mental decks for solutions. Got spotless floors? Try folding laundry.



Sweep away mental blocks, cue happy face.

Being Kind Helps Your Social Life If group events aren't your thing, nice gestures may help you feel less socially anxious, according to a study in Motivation and Emotion. Little favors, like doing the dishes, can create positive interactions that make socializing feel more inviting, says study coauthor Jennifer Trew, Ph.D.



Take a walk without checking texts (and notice the birdies!).



smart tech tip

The Phone Hazard You Haven't Heard Of

Being glued to your smartphone may make your brain less creative, suggests Sherry Turkle, Ph.D., author of the new book Reclaiming Conversation: The Power of Talk in a Digital Age. We used to satisfy our mind's craving for new input by talking or thinking; now we scroll through feeds, putting the kibosh on interaction and discovery. Life's little lulls may feel boring, but boredom is linked to creativity and innovation, says Turkle, "so don't think of those moments as wasted time."



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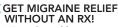
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EAT. THANKS. LOVE.



The gravy on top of a great holiday meal? A tradition that helps you remember what *matters*. Consider these, from lifestyle gurus, famous foodies, and the Oz family (of course!).

BY CAITLIN MOSCATELLO ILLUSTRATIONS BY EMILY ROBERTSON

Alison Sweeney

"We always include the kids in our tradition of saying what we're thankful for—nothing is too silly or simple. My daughter has announced she's grateful for my husband scratching her back at night. My son once said, 'I'm grateful for toilets,' then asked to be excused to use one! They're always good for the unexpected." –Sweeney is the star and a coexecutive producer of Murder, She Baked, out this month on Hallmark Movies & Mysteries



Jacques Pépin

"Instead of a prayer, we do a toast—to friendship, to enjoying life, to the bounty of nature. And we always play music. I like classical, but often it's going to be Frank Sinatra for my wife. 'Strangers in the Night' is our song. I've been in the U.S. for over half a century, and Thanksgiving is my best holiday—just gathering, eating, and drinking!"

-Pépin is a world-renowned chef

Alana Chernila

"My family has an 'Appreciations Box.' The kids decorate it while I'm cooking, and we put it on the side table with pens and slips of paper. When guests arrive, they fill them out with whatever they're grateful for. Before the meal, we pass the box around and read the notes anonymously." —Chernila is a food blogger and the author of The Homemade Kitchen





Nate Berkus

"There is one new ritual I'm excited about this year: breaking out a high chair at the table, for our daughter's first Thanksgiving. There will be the usual traditions, too: We'll all line up for food, stuff ourselves, and head right back for seconds. But it isn't all about eating. Sometimes we jot down memories of things that affected us over the past year, drop them in a bowl, and have family members pick a memory to read off. With the birth of our daughter, I have this year's Best Memory covered."

—Berkus, the new father of Poppy, is and an interior designer and the author of Home Rules and The Things That Matter

Lauren Von Der Pool

"After the meal we put on calypso music and reggae, and we dance. In our family, dancing is a way of celebrating our thankfulness. My great-grandmother is the person who taught me how to 'whine'—it's a typical dance in the Caribbean Islands, and it's all with your hips. By the end of the night, someone has spiked the green juice I always make, which usually has some fresh pineapple, Fuji apples, kale, ginger, lime, lemon, and cucumber milk (almond or coconut milk with cucumber juice and agave nectarit gives the juice an eggnog feel!). Someone adds in rum, and everybody dances up a storm. It's a beautiful time for us." -Von Der Pool is a celebrity chef and the author of Fat Yourself Sexy

Lisa Oz

"Expressing thanks means sharing our blessings. It's our Oz family tradition to give meals to HealthCorps families; that's the organization we cofounded to teach high schoolers in underserved communities about health and, yes, happiness. But giving in this way always makes me happier—I feel like our holiday table is that much bigger." -Oz is the author of The Oz Family Kitchen and the wife of our favorite doctor!



Duff Goldman

"When we sit down for Thanksgiving, we're usually there for four or five hours; that's not an exaggeration. We are a very talky family, sharing things we're happy about and not so happy about. It's all about reminding each other what's going on in our lives, what we're struggling with, and getting support—but also giving it."

—Goldman is a pastry chef and the star of Ace of Cakes

Bobby Flay

"Most Thanksgivings I choose a theme. and I'll try to incorporate something significant that happened that year. After 9/11, I did a New York-themed Thanksgiving with a lot of local ingredients from farms in the Hudson Vallev. When Hurricane Katrina hit, I made a **New Orleans Thanks**giving. Before we sit down to eat, I put all the dishes out, and I describe the food, like the Cajun-spiced turkey, so people know what they are eating, and why. We take a moment to think about the people who have had a tough time that year. It's like you just push the pause button on the football game and the gluttony, and acknowledge what's happening in the world and how much you have to be thankful for."

-Flay is a celebrity chef and restaurant owner

How Healthy Is Your

Bathroom?

Yes, you need to nix the ick factor and zap germs—but a few simple steps can also save you from allergies, sickness, and falls. Follow our plan for a clean, safe, and happy space.

BY JESSICA MIGALA PHOTOGRAPHED BY MARK LUND



did you know

IF YOUR TOWEL
SMELLS MILDEWY,
THAT MEANS IT'S
GROWING ENOUGH
MOLD TO CAUSE
AN ALLERGIC
REACTION. POP THE
STINKER IN THE
MACHINE AND
WASH IT ON HOT
TO KILL THE
YUCKY STUFF.



1. KEEP TOWELS FRESH

Here's a good reason to hang them up to dry instead of leaving towels in a damp heap (listen up, lazy hubby): The longer they sit around wet, the more time germs from your skin have a chance to multiply—not exactly what you want right after scrubbing yourself clean.

2. SHINE UP YOUR SINK

"If your sink looks clean, it's probably safe and healthy," says Donna Duberg, an assistant professor in the Department of Biomedical Laboratory Science at Saint Louis University. The faucet handles, though, need special attention: Research found that they may have twice the amount of coliform bacteria (which could include fecal germs) than your toilet seat. A weekly two-second cleaning with disinfectant wipes will stave off bacteria.

3. STAY ON YOUR FEET!

Women of all ages suffer from 72% more bathroom falls than men do, per research from the Centers for Disease Control (CDC). The biggest risk? Getting out of the shower, so make sure you have a nonslip rug to step onto. (Bonus if it feels soft and luxurious under tootsies.) The CDC also recommends that everyone install a grab bar both inside and outside the shower for more stability—no, they're not just for old folks!

4. DEGERM THE CURTAIN

Your pretty fabric shower curtain can last for years, as long as you wash it every six months to rinse off dust; it's the inner liner curtain that needs more attention, says Kelly Reynolds, Ph.D., program director of Environmental and Occupational Health at the University of Arizona. Over time a biofilm builds up on it—a grimy coating of bacteria, mold, and yeast that can become airborne with shower steam and trigger allergies, respiratory or skin infections, and even stomach bugs if inhaled, Reynolds warns. Spray the liner down with a bleach product once a week to clear off invisible biofilms. If black spots show up and won't budge, it's time to buy a fresh one.

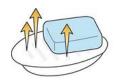
5. LET SOME AIR IN

Crack a window or flip on the vent while you shower to bring down the humidity and boost air quality, suggests Janice Nolen, assistant vice president of national policy at the American Lung Association. Moisture grows mold, fungi, and bacteria—and studies show that dampness alone can aggravate breathing issues like asthma and allergies. "You'll kill 90% of mold and bacteria just by drying out the room," says Reynolds. (And hey, less humidity means less frizzy hair!)

6. GO FOR MOOD LIGHTING

Make your bathroom a Zen zone during the morning rush by installing the right kind of energy-efficient LED or CFL bulbs: Look for those labeled "soft white" or 2700K. "Their golden light gives you a calmer start to your day," says Sally Augustin, Ph.D., an environmental psychologist and founder of Design with Science. Need more energy than calm? Pick up a "bright white" bulb.

DON'T FORGET TO...



Suds Up Your Soap

Whether it's bar or liquid, keep your soap germ-free.

"It's something you never think to clean—hello, it's soap!" says Reynolds. But if it's contaminated with bacteria, your hands will be too. Swipe liquid pumps with a sanitizing wipe once a week. Let bars air-dry in a dish where bugs won't fester.



Treat Your Toothbrush Right

While microorgs can grow on toothbrushes, they're unlikely to make you sick, says the American Dental Association. Still, replace your brush every few months and store it in an upright position to speed drying. Forget the toothbrush cover (dark + damp = germs!).



Burn Candles Safely

Like to light a candle while you do the relaxing bath thing? Open a window or turn on the vent; otherwise, indoor air pollution (yes, even from that little wisp of smoke) can build up and irritate lungs. All my teeth fell out last night. In their place, metal corkscrews protruded from my gums. I peered into a cracked hotel mirror and struggled to jam a crumbling molar back in place. Meanwhile, my dentist—transformed somehow into my long-ago, chronically displeased math teacher—wouldn't answer my panicked phone calls.

It's happened before and it will happen again. What could this recurring dental nightmare of mine mean, except perhaps that I really should floss more?

Every night, we pass hours and hours in a mysterious Alice in Wonderland world we barely remember the next day. Despite the fun-house quality of dreams, growing evidence suggests that they work hard for us, enabling creative leaps, improving memory, untangling relationship issues, and more. And experts say you actually have the power to improve the "mind repair" that happens every time you nod off. Let them teach you to sleep like a pro and...

Get Better at Dreaming



We may assume that it's "lights out, no one's home" when we're sound asleep, "but actually, our dreaming brains are very active and focused on the same concerns we deal with when awake," explains Deirdre Barrett, Ph.D., a professor of psychology at Harvard Medical School and author of The Committee of Sleep. "Dreams are thinking in a different biochemical state. Different neurotransmitters predominate, so our brain thinks much more visually and intuitively, and less verbally and logically. This gives us a fresh perspective that can help us solve problems."

Once you understand the big benefits of dream-

ing, you can make the most of your brain's night shift and wake up happier, calmer, even smarter.

DREAMS HELP YOU REMEMBER WHAT'S IMPORTANT.

By day, you're bombarded with endless bits of information, and when you sleep, undistracted by the outside world, your brain has a chance to declutter. "Think of the brain as a filing cabinet," says Shelby Harris, Psy.D., director of the Behavioral Sleep Medicine Program at Montefiore Medical Center in New York. "When you're dreaming, it decides what it can shred and what it needs to keep and file."

Researchers theorize that when dreaming, your brain is not just storing the day's important haul but also making connections with your past experiences. Essentially, it's saying: I've dealt with something like this before. Let me think, where did I file that? So when faced with a crushing work deadline, for instance, you might dream about a tax deadline that sneaked up on you and the pressure you felt. It's a connect-the-dots game your brain plays that may help you cope with present challenges.



Want to Remember Your Dreams?

Talk to yourself.

Before sleep, lie in bed and think, I would like to remember my dream tonight. "Often, as soon as you start paying attention to dreams, they start flooding in," says neuroscientist Patrick McNamara.

Wake up gently.

Whenever possible, don't use an alarm. When we rise naturally it's typically right after REM sleep, when dreams are easier to remember.

Follow a thread back.

If you can summon even a small detail ("I was in a blue car"), you may be able to reconstruct the rest.

Keep a pad and pen on your nightstand.

If you wake up at 3 A.M. and jot down the dream you caught, it will be there for you in the morning.

▶ DREAM BETTER Your brain needs plenty of time to do this crucial maintenance, Harris says, so prioritize sleep over Netflix to get seven to eight hours. We do most of our dream-heavy rapid eye movement (REM) slumber (the stage where your eyes dart back and forth as if they're tracking imaginary lions) during the last third of our night's sleep, not when we first fall into bed."Your brain craves this stage," Harris says.

THEY HELP YOU WORK THROUGH STRESS.

Your mother was right;

you will feel much better about your problems after a good night's rest. During REM sleep, the brain's stress chemicals are at their lowest levels, allowing us to relive the day's stings—like that fight with a friend—so they no longer feel as upsetting. In one study, researchers showed two groups of people troubling images-a man aiming a gun, and a snake about to bite. One group was shown the pictures in the morning and then again that same evening; the other group saw them in the evening and then again after a night's sleep. Those who got the shut-eye rated the images as less upsetting, and MRI scans showed less reactivity in the amygdala, the "worry" part of the brain. The emotional impact of something you're going through may be softened if you give your brain a chance to process it during low-stress REM sleep.

▶ DREAM BETTER This "overnight therapy" can be a nice benefit of snoozeville, but not when it takes the form of a recurring bad dream or nightmare. Harris teaches people how to stop those with a form of visualization called image rehearsal therapy. "We dream in pictures, so visualize a different plot for your bad dream that's more positive," she says. Take a few minutes each

morning and night for several weeks to imagine the new, improved dream unfolding in detail. One of Harris's patients was plagued by a nightmare in which she was in the ocean surrounded by hungry sharks. She practiced imagining them transformed into playful dolphins. "It helped her feel in control of the nightmares, and they started to go away," Harris says.

DREAMS SPARK INSIGHTS.

To sleep, perchance to win a Nobel Prize: In 1920, German scientist Otto Loewi awoke with a eureka idea for the breakthrough experiment that helped the laureate prove how nerve cells transmit signals. Likewise, the idea for Frankenstein's monster came to author Mary Shelley in a nightmare. "I have found it! What terrified me will terrify others; and I need only describe the specter which had haunted my midnight pillow," she later wrote.

The loose associations that characterize our REM dreams set the stage for aha! brainstorms and creative leaps, says Barrett. "That's because the brain's prefrontal cortex—the logical thinking part—is damped down," she says. "There's no inner censor saying, 'This isn't the way we do things!'"

▶ DREAM BETTER Try "dream incubation," Barrett suggests. "Once you're in bed, tell yourself you want to dream about your problem, then attempt to visualize it." You can even arrange objects connected to the problem on your night table to remind you before you doze off—for example, a measuring tape if you're wondering how to squeeze furniture into a smaller apartment. It sounds a little woo–woo, but it helped the Harvard students in an experiment of Barrett's: She asked 76 undergrads to contemplate a conundrum before bed, and about a quarter of them had a dream that contained a satisfying solution.

THEY HELP YOU REHEARSE SOMETHING NEW.

Your dreaming brain may continue to practice a skill you're trying to master even after you hit the hay. In a study in *Current Biology*, people were asked to navigate a video game maze. When retested after sleeping, those who reported dreaming about the maze did 10 times better on the task than those who didn't.

▶ DREAM BETTER Reviewing something you want to learn or remember right before bed might just increase the odds that your brain will, for instance, spend the night boning up on a presentation. Interestingly, the maze dreamers didn't require a full night of sleep to get a memory boost; 45-minute naps did the trick. Trying to memorize PowerPoint slides? A nap could help the information stick!



"Dreams are not Magic 8 Balls that command you to do or not do something," says Kelly Bulkeley, Ph.D., the creator of the Sleep and Dream Database, a digital archive of thousands of dream reports. "They're a mirror of our emotional concerns, what we hope for and fear, what matters to us." The trick is to tease out their personal meaning for you:

Think about which seem most vivid. Not all dreams are profound. Concentrate on the ones that practically shout at you, like if you wake up with a rapid heartbeat or sweating.

Ponder the objects in your

dreams. "They can be helpful metaphors for what's going on in your waking life," says Harvard professor Deirdre Barrett. If you dreamed about a big black dog, for instance, ask yourself: Did it make me feel threatened or playful? Does that feeling remind me of anything, or anyone, in my reality?

Pay attention to dreams on repeat. "Recurring dreams are often about central issues in your life," says Barrett. They can be a signal to examine the activities and relationships they're connected with.

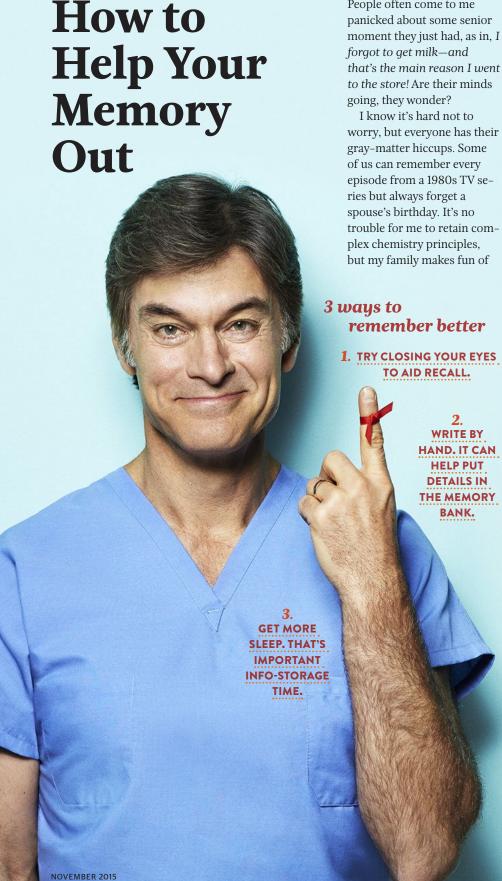
Bulkeley agrees: "They're your body's way of saying, 'Hey, this is important!'"



We often think of them as bizarre fantasies—so there was this talking unicorn...and he was beside me in a hovercraft—when in fact, dreams are typically focused on much more down-to-earth concerns. "The vast majority are about social interactions with the important people in your life," says Patrick McNamara, Ph.D., a neuroscientist at the Boston University School of Medicine who has studied thousands of written accounts of dreams. This may have evolutionary benefits: "In our ancestral environment, who we made alliances with was crucial to our survival," he says.

▶ DREAM BETTER Keep your own dream journal, and jot down everything you remember after waking. Then look back for patterns and you may be able to suss out, say, buried tension in a relationship. One example: A friend confided in me (as people do when you tell them you're writing about dreams) that when she'd been struggling with whether to divorce her husband, she dreamed they were working hard on renovating a house together. She awoke and the translation came to her easily. The relationship was worth fixing: She decided to stay. That's what I'd call a sweet dream. ■





me for spacing on things like the words to "Row, Row, Row Your Boat." Memory is funny that way (except maybe for

that spouse debacle).

People often come to me

Fortunately, our brains come with an all-natural booster. Science has revealed that our memories tend to work really well when information is presented as a story with emotions attached. In fact, there's a phenomenon called the Baker-baker paradox that says you're more likely to remember someone's face if you're told that person is a baker than if you learn that their last name is Baker. That's likely because the job of baker makes us think about the stories that go into creating sweets, and we associate all those things with the person, while the name Baker tells us pretty much nothing. When there's meaning to what we learn, it sticks better. So listen to the tales people tell you and attach their names to that ("Amy with the dachshund," or "Steve the snowshoer").

For details that don't have narratives? There are plenty of systems to help you out, like phone alerts that prompt you on birthdays. And you can always go back to the store and get the milk. No big deal.

I tell people not to drive themselves crazy because of something they forgot. Instead, celebrate the awesomeness of everything you remember.



Sure we made that word up.

But here are a few words we didn't.

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